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March 2019
DHS15

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Middle East

easiest ever

**midweek
meals**

How to
BBQ
like a pro

**4 new
brunches
to try**

- The Loft
at Dubai Opera
- *Il Risorante*
Niko Romito
- Hakkasan
Dubai
- *Katsuya*
by Starck

Seasonal salads

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THE
Talk

Soul

MARCH MADNESS



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ON BRUNCH**

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Welcome to March!

This month, it's time to fire up the barbecue and make the most of al fresco dining. Inside this issue, we have plenty of tasty grill recipes that are perfect for enjoying outdoors.

If you're a BBQ beginner, not to worry – turn to page 30 for our step-by-step guide to safe cooking with fire and super-simple recipes like the mouthwatering Greek chicken kebab, smoky mushroom burgers, or delicious BBQ sardines with chermoula sauce that are perfect for enjoying during a lazy afternoon in the garden.

March 21 sees Mother's Day, so we've rounded up some of the city's best foodie offerings on page 10 including everything from special afternoon teas to indulgent breakfasts and poolside brunch – what better way to show your mum how much you appreciate her than with a delicious meal.

Paired with *BBC Good Food Middle East* this month you'll find your free copy of the 2019 Spring/Summer Brunch Guide, which highlights must-try brunches from across the city. I hope it lends inspiration for when you're next on the lookout for a new brunch to try.

Inside this issue, we also review four of Dubai's newest seasonal brunches, including The Loft at Dubai Opera, Hakkasan Dubai, Katsuya at Jumeirah Al Naseem and Il Ristorante by Niko Romito at Bvlagri Resort Dubai.

Whether brunching or barbecuing the month, have a fabulous time enjoying great food!

Enjoy BBQ season,



Sophie
Editor

WHAT WE'RE LOVING!



"These smoky mushroom burgers with roasted garlic mayo are a great vegetarian option when barbecuing," says sales executive, Liz.



Online editor, Glesni says: "Transforming a ragu into different meals is an old-age trick to reinvent leftovers. Flip to page 72 for our awesome ways to batch cook, vegan style."



"Transform a store cupboard favourite with this haricot beans and braised lamb recipe, it's delicious," says graphic designer, Froilan.



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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

BBC Good Food Middle East star letter



I love the new dedicated health section that you have in the magazine, BBC Good Food ME. Since starting the new year, I've been on a mission to get back on track with my health and fitness, and the monthly recipes and top tips are really helping! I tend to get repetitive with my 'healthy' meals, so having different options in each issue is a great help. Would it be possible to recommend some fitness classes too? I'd really like to meet ladies and gents in the same boat as me on this fitness journey to stay motivated. Thanks!

Jenni Santos



BBC Good Food Middle East, thank you for your piece on Sardinia, Italy in the February magazine. I am travelling there this summer with my family, and the article has helped put all of our culinary plans in motion for the vacation. Keep the travel updates coming!

Samantha Rhodes



I recently moved to Dubai and still can't quite get used to the cost of grocery shopping here – it's so much more expensive than it is at home. I just wanted to say a big thank you for your monthly 'easiest-ever budget midweek meals', they're really helping to inspire my weekly dinners in the kitchen, while helping to keep my shopping bill down.

Does anyone else struggle with the cost of groceries here in Dubai? I'd love to know where other foodies shop for their bargains!

Andrea Costa

WIN!

The winner of the 'star letter' this month will receive a WMF Provence 5-piece cookware set **worth Dhs1,000 from Tavola!** Tavola is the leading retailer for your favourite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in Tavola stores across the GCC and online at **tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



Grill and Chill at Al Forsan!

Leave the cares of the city behind every Thursday at the Bab Al Shams Desert Resort & Spa.
Start the weekend on a carefree note with the Butcher's Backyard at Al Forsan.


There's a laid-back atmosphere on the outdoor terrace, with live country music entertainment setting the cheerful vibe. Meat lovers will adore the variety of cuts on offer, cooked with flair by our talented team.

Every Thursday | 7.00pm to 11.00pm
Inclusive of soft beverages and local bottled water
PRICE FROM: AED 225

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



Find UAE-based dining experiences on MoreCravings.com

Marriott International has launched a dedicated dining platform, MoreCravings.com, which allows visitors to discover a wealth of food experiences across its properties all in one place.

With more than 350 outlets to choose from in the UAE alone, the More Cravings website is designed to make it simple for everyone to discover great experiences at the click of a button.

From the Latin soul of Toro Toro at Grosvenor House, a Luxury Collection Hotel, to the Oak Room headed up by MasterChef Tom Aikens at the Abu Dhabi EDITION, visitors can search by cuisine, experience, location and deal to select their ultimate food adventure. To find out more visit morecravings.com



THE BEST BITES

MEET KCAL'S NEW FOOD TRUCK

In a bid to bring healthy, flavoursome food to more of the city's wellness conscious diners, Kcal has introduced a brand-new food truck to the Dubai Marina Promenade (just outside of Dubai Marina Mall). Packed with superfood dishes, the truck makes for an ideal spot to take a shopping pit-stop, or enjoy a healthy, on-the-go bite while enjoying Marina views.

The menu not only includes fan favourites like chicken quesadilla, beef burrito and the Kcal brownie, but now comes with the brand's new dishes including chicken tenders coated in aged Parmesan, four new bowls including the salmon poke bowl with mixed quinoa, grilled pineapple and homemade pickled radish, plus the steak fajita bowl packed with spiced prime beef tenderloin, roast peppers, pickled onion, quinoa, fresh pico de gallo and homemade guacamole. A range of new salads and bites for grab-and-go diners, as well as a sweet treat of baked cheesecake with strawberry puree can also be ordered for dining al-fresco by the water or to take away. The Kcal food truck is open Sun-Thu: 12pm-12am and Fri-Sat: 12pm-1am.



BOOKS FOR COOKS

Cooking with Zahra

- March 2019, Dhs185

Local culinary personality Zahra Abdalla has launched her first cookbook in the region. The book, which is named after Zahra's cookery blog 'Cooking with Zahra', is a delicious and contemporary take on Middle Eastern cuisine, featuring both traditional and modern interpretations of regional flavours and ingredients.

In this book, Zahra explores both her Arabic and Iranian heritage, her global upbringing, and her life in Dubai, and how all these elements combined influence her creations in the kitchen. Inspired by the UAE's vision of bringing people from diverse cultures together, 'Cooking With Zahra' experiments with international flavours featuring regional nuances in all her recipes.

The book features a host of recipes as Zahra's quinoa salad with roasted vegetables, parsley & pomegranate salad, saffron chicken with freekeh, Arabic spiced roast chicken with potatoes and carrots, baked salmon with pesto and sun-dried tomatoes, orange spiced turkey recipe and a variety of scrumptious sweet recipes such as the mango kunafa cups, and chocolate, pistachio and cardamom cake.

From breakfast and starters to soups, mains and even feasts for special gatherings, the nearly 300-page book features over 120 recipes which are simple, healthy and easy-to-make.

The book is available for sale at all major retailers including Borders, Magrudy's, Kino and Jashanmal stores and is priced at AED 185.

WHERE FOOD AND MEMORY MEET

In a new series with Chef Izu Ani, we take a journey through his rich and varied culinary adventures. This month Chef Izu takes us back to his earliest – and spiciest – food memories in Nigeria.

Born with a hunger for knowledge and a thirst to discover new cultures, Chef Izu Ani has gathered a bouquet garni of experience from across the globe, picking up nuggets of advice, unique ingredients, regional flavours and personal inspiration along the way. Today Chef Izu Ani calls Dubai his home and has two establishments in his name, Izu Brasserie and Izu Bakery located inside Le BHV Marais department store at City Walk, and another named after his wife, the recently opened Carine, located at Emirates Golf Club.

He's also the man behind the hugely successful Le Petite Maison and Le Serre Bistro & Boulangerie. The key to his success? Simple food that tastes good. Food that sparks memories, that stirs the soul and that puts a smile on your face.

"People place so much importance on the appearance of food but I always say, 'no it's the taste.' Because the taste is what triggers the memory. It's all about the

taste and the smell. I can't always remember visually what the food looks like, but I always remember the taste and the smell.

One of the tastes that from my childhood that I'll always love is okra. We used to make it as a soup with pounded yam which is cassava, a root vegetable. You pound it and dry it and reconstitute it in water and make a dough and eat it as a doughy ball with the soup with your hand. If you eat with a spoon in Nigeria, people look at you and go 'Who's this? Where do you come from?' The ball soaks up all the soup. And ooh the taste! It's spicy and warm and comforting. When my mother



comes to stay with us in Dubai she makes a batch and the kids love it, although she does tone the spiciness down a tad for them!

I love spice in my food. Why? Because I grew up like that. And I think that spice is something that wakes you up when you're eating it. It gives you a peak and then brings you down, so the dish is not monotone. It's not the same boring, creamy flavour that after a while you go 'ugh.' When you taste something, you want a flavour that will keep bringing you back to that plate. You need a bit of spice – not necessarily heat spice, but an aroma spice – a bit of acidity, a bit of sweetness, a little pepper, some freshness...you need to play around. You need a variety of texture: crunchy, smooth, soft, crispy...all these things that bring you back to finish your plate.

Spice doesn't just wake you up, it gets you interested, it gets you involved. It makes you give an opinion: 'Ooh this is hot!'

I've been back to Nigeria twice. My mother wants me to open a restaurant there which I will do eventually. There are financial reasons why I haven't done so yet. For me to do anything, I'll need to be prepared not to get that money back! It will basically be to pay homage to my mother: she gave me the opportunity to live the lifestyle I have today and has opened me up to the opportunities that I have today and I need to give back. I want to give back."

IZU Brasserie and Izu Bakery can be found inside Le BHV Marais in City Walk. Sun to Thur 11am to 11pm, Fri and Sat 11am to 1am. Call 04-4033030, visit lebhvmarais.ae/en/izu-brasserie

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

👉 **Alici, Bluewaters Island**

Celebrating the spirit of Southern Italy's time-honored traditions, newly opened Alici presents an epicurean experience that derives inspiration from the regions of the South. The menu at Alici features Amalfitana and South of Italy specialties, that vary according to season and sea availability. A pizza counter borders the downstairs food counters, while a raw seafood counter in the main dining room, provides countertop seating for guests looking for an interactive seafood dining experience. A dedicated raw menu will be reserved to these guests that will enjoy Alici signature's crudo dishes. Domenico Santagada, Head Chef of Alici, will serve up traditional and contemporary seafood dishes, plus some meat choices. Frisella with anchovies and burrata is a classic starter along with Italy's finest caviar selection and Alici signature crudo dish, the Italian raw seafood platter. Other dishes include smoked tuna, swordfish and dry cod, homemade spaghetti with sea urchin and amberjack, homemade cavatelli with cuttlefish ragout and homemade lemon delice. Open for lunch and dinner. Call 04-2752577.

👉 **Mango Tree Thai Bistro, Hilton Dubai The Walk**

With a promise to serve up delicious authentic Thai flavours, Mango Tree Thai Bistro has opened doors at Hilton Dubai The Walk. Featuring an array of dishes from Thailand's four regions, the menu includes options like spicy beef short ribs soup, jungle curry from the mountainous regions, and massaman leg of lamb inspired from the South of Thailand. The lively and family-friendly venue offers a seating capacity of 156 guests and includes a terrace overlooking the vibrant streets of JBR. Guests can expect a relaxed dining atmosphere, with refreshing beverages and upbeat sounds playing throughout the evening. Call +971 4 374 7555.

👉 **Taverna Greek Kitchen, Madinat Jumeirah**

Homegrown concept, Taverna Greek Kitchen is now open at a waterside location within Madinat Jumeirah, serving dishes of the Mediterranean. Occupying the space previously housed by Left Bank, the interiors now offer a rustic yet elegant feel, with stone, wood and marble finishings that showcase the best elements of the Greek islands. The open-style kitchen and cosy surroundings allow guests to be transported to a local Greek family-run restaurant. The Taverna Greek Kitchen operates with a sharing-style menu that features a wide variety of meze including cold plates, salads and appetizers to start. Highlights include ksidato octopus, slow braised octopus with vinegar, oregano, onion, salicornia and extra virgin olive oil. Classic Greek dishes such as tzatziki, taramosalata and sthinaiki are also a staple part of the menu.

Alici, Bluewaters Island

Text by SOPHIE VOELZING | Photographs SUPPLIED

Al fresco DINING

📍 Dubai Creek Golf and Yacht Club

Banish the Sunday back-to-work blues with a choice of food-filled evenings at Dubai Creek Yacht Club, which boasts an array of al fresco venues in one location. Soothe away any Sunday stress with Boardwalk Acoustic, where you can indulge in a three-course set menu comprising a sharing appetizer, choice of main and sharing dessert served up to the romantic sounds of the smooth acoustic set. A lively Spanish-themed ambience awaits guests at Casa de Tapas courtesy of Sunday evening's three-hour Domingo Social, between 9pm and midnight. Unwind with friends over free-flowing post-work beverages as you soak up the venue's authentic atmosphere and dine on authentic Spanish dishes. Get your groove on with a heavy dose of 80s-inspired retro at Miami Vibes each Sunday at Cielo Sky Lounge, the stylish rooftop bar, where you can enjoy sharing style platters and a happy hour deal with four drinks priced at Dhs40 per person between 9 and 11pm. Call 04-2956000.



📍 Walnut Grove, The Dubai Mall

A concept grown in the heart of South Africa that opened its first UAE location in 2016 at City Walk, Dubai, has opened its second venue at The Dubai Mall on the first floor. Walnut Grove offers a rustic yet authentic boutique dining experience, with warm and friendly staff and has something for everyone on the menu. The eatery boasts views of Burj Khalifa and Dubai Fountains from the huge outdoor terrace; the ultimate spot to take visitors to for that Burj Khalifa selfie, while avoiding the crowds and sipping on artisan coffee. On the menu, expect everything from breakfast staples such as avo three ways, to lunch and dinner items such as Philly cheese steak sandwich, Casablanca salad, walnut truffle carbonara pasta, pistachio falafel burger and much more. The menu also has a dedicated kids' menu. Call 04 344 4441 or e-mail info@walnutgrove.ae.

📍 Tasca, Mandarin Oriental Jumeira

A Portuguese restaurant by famed chef José Avillez has opened doors at the brand-new Mandarin Oriental Jumeira property. Offering gorgeous al fresco seating, the restaurant is inspired by a traditional Portuguese restaurant concept, a tasca, which is a typical casual Portuguese eatery. Tasca will offer a contemporary dining experience in a vibrant setting with sweeping ocean views. Tasca offers rich and varied contemporary Portuguese cuisine from across the region. The menu offers some of Portugal's best flavours and products. Call +971 4 777 2231.



📍 The Courtyard, Manzil Downtown

Every Friday, enjoy a selection of barbeque favourites from live cooking stations and a delicious multi-cuisine menu in the relaxing, al fresco setting of The Courtyard during the 'Backyard Brunch'. Indulge in traditional Levantine and Middle Eastern cuisine along with American and southern hemisphere delights in a contemporary Arabesque atmosphere. Expect kebabs, fish, authentic koftas, chicken tikka, spit-roasted lamb along with traditional sharing platters, plus much more. The Backyard Brunch takes place every Friday from 1pm to 4pm, with packages starting from Dhs265 with soft drinks, while children (6-11 years) are priced Dhs133 per child and children up to the age of 5 years dine for free. Call 04-8883444 or e-mail dine@emaar.com.



📍 Basilico, The Cove Rotana Resort

Nested in The Cove Rotana Resort in Ras Al Khaimah, Basilico restaurant offers a variety of traditional choices of Mediterranean cuisine. The restaurant is situated in a beautiful, rustic setting with arched ceilings. Enjoy watching your food being prepared in the restaurant's open kitchen or take in the beachside views from the restaurant terrace overlooking the Arabian Gulf. Every Friday from 12pm to 4pm, the GourMed brunch takes place at Basilico. Expect plenty of buffet stations featuring a wide selection of Mediterranean cuisine, pass around dishes, an endless starter and dessert buffet with unlimited beverages. Main course is served from an a la carte menu, with chefs on hand to discuss different dishes and flavours and with live music entertainment. Brunch packages start from Dhs199 per person with soft drinks and chilled juices. Call 07 206 6000.

Just FOR MUM

**MOTHER'S
DAY IS ON
MARCH 21**



➤ Café Bateel, all UAE locations

In celebration of Emirati and UK Mother's Day, Café Bateel will be offering Afternoon Tea from March 7 - 31. Perfect for treating mums, the Afternoon Tea includes a welcome drink of Bateel's own sparkling date juice and an array of sweet and savoury delights. Available throughout the UAE, guests are invited to cherish quality time with mum with a relaxed and delicious Afternoon Tea experience. Highlights from the menu include an assortment of finger sandwiches such as smoked salmon with cream cheese and chives on zataar toast, as well as egg mayonnaise with a hint of mustard served on a freshly baked English muffin. The selection of desserts promise to excite the palate, with kholas pecan pie, Madagascar dark chocolate cake and Café Bateel's freshly baked scones served with Devonshire clotted crème. Available all day, the Afternoon Tea is priced at Dhs89 per person.

➤ The Lobby Lounge, The Ritz-Carlton, Dubai



For those celebrating Mother's Day, relax in the luxurious surroundings over a quintessential afternoon tea experience at The Lobby Lounge in the heart of Dubai Marina. Dine in grandeur indoors under the sparkling chandeliers for a classic ambience or savour an al fresco afternoon on the

terrace overlooking the luscious resort gardens. Treat yourselves to an elegant buffet spread featuring traditional scones accompanied by Devonshire clotted cream with strawberry jam and lemon curd, a selection of elegant sandwiches, complemented with a sweet assortment of truffles, macaroons and cakes, for the perfect ending to a refined affair. Menu highlights include classic English finger sandwiches with cucumber and dill cream cheese, Scottish salmon rilletes, roast beef, horseradish and caramelized onions, plus English tea cake, chocolate truffles, macaroons and the signature Ritz-Carlton cake. Available from March 29 - 31, daily from 12.30pm to 5pm. Prices per person start from Dhs195 including afternoon tea buffet and unlimited loose-leaf tea infusions and coffee selection. Call +971 4 399 4000.



➤ Poolside, Address Montgomerie

Treat Mum to a poolside brunch this Mother's Day. Your mother will be delighted with the lush green ambience of Address Montgomerie's Championship Golf Course, lavish culinary buffet and beverages, all presented at the poolside on March 22, 2019 from 12.30pm to 3.30pm. From the classic brunch favourites to savoury dishes, the wide variety of flavours is sure to make your mum feel special. You can also enjoy free access to the swimming pool. Brunch packages start from Dhs290 with soft beverages. The Entertainer voucher for the brunch can be availed for this event. Call +971 4 8883444 or e-mail dine@emaar.com.

➤ L'ETO Caffè, Mall of the Emirates



This month, L'ETO Caffè, will be celebrating International Women's Day and UAE Mother's Day with two special offers. On March 8, International Women's Day, ladies can celebrate with 20 percent off the bill when dining at L'ETO for breakfast between 8am to 1pm. In celebration of UAE Mother's Day, March 21, ladies will be treated to a breakfast of their choice along with a drink for Dhs99 between 8am to 1pm. Visit letocaffe.ae.

➤ Angelina, The Dubai Mall & Zero6 Mall



This month, discover Angelina's new delicate creation to honour the limitless love you have for your mum. Delightfully sweet, Harmonie, is a crunchy pistachio pastry with hazelnut biscuit crust topped

with a fusion of pistachio mousse and strawberry compote. Harmonie is available for a limited time only from March 18 - 25, priced at Dhs49. The Dubai Mall - 04-4492112, Zero6 Mall, Sharjah - 04-4428814.



A TASTE OF BAGATELLE'S JOIE DE VIVRE

Treat yourself to a taste of perfection at Bistrot Bagatelle Dubai and delve into a dish of Poulet Roti à La Truffe Noire, prepared by Chef Timothy Newton

Dish of the month

Poulet Roti à La Truffe Noire

The Poulet Rôti à La Truffe Noire is a French classic, a dish that has been adapted with a Bagatelle twist. The addition of the foie gras and truffle ingredients make this one of Bagatelle Dubai's most popular dishes, which has remained on the menu since opening. The plate is comprised of the highest quality organic ingredients, with whole truffle roasted chicken, foie gras, wild mushrooms, potatoes grand-mère and sourdough bread, prepared by Chef Timothy Newton to perfection.

Bistrot Bagatelle Dubai

Bistrot Bagatelle boasts a strong focus on fresh, clean flavours and ingredients as the center of the concept, with French classics enlivened with innovative flavour combinations and a lighter approach to dining. The restaurant serves a relaxed, classic South of France inspired, New York infused dining concept with a variety of signature dishes, with a unique spin on French classics, signature cocktails and an impressive wine list. The ambience is reminiscent of a Provençal Brasserie, while the décor and architecture is reminiscent of an old Parisian apartment. Subtle details like intricate mouldings, coffered ceilings, deep Art Nouveau mantels and delicate lighting add femininity to the space making it all the more welcoming.



Bistrot Bagatelle, Dubai

Fairmont Dubai, Sheikh Zayed Road



bagatelledubai.com



+971 4 354 5035



Reservation@BistrotBagatelleDubai.com



@bagatelledubai



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eat out

abu dhabi

Dining deals and happenings in the capital this month.

ROBERTO'S ABU DHABI, ROSEWOOD HOTEL



Group executive chef, Francesco Guarracino has designed a menu dedicated entirely to Parmigiano Reggiano cheese (desserts included) at Roberto's Abu Dhabi, that will be available through March.

Parmigiano Reggiano is known as the 'king of cheeses' for its particular productive, nutritional and organoleptic characteristics.

The menu kicks off with a starter of fried polenta with grilled porcini mushroom, truffles and 18-month Parmigiano Reggiano for Dhs90. Guests can also enjoy a homemade pappardella pasta with butter and sage sauce served in a 22-month Parmigiano Reggiano wheel for Dhs70. For main, there's deep-fried black cod with chives and 20-month "Vacche Rosse" Parmigiano Reggiano for Dhs180 and wagyu ribeye cooked with cauliflower, coffee powder and 30-month "Vacche Rosse" Parmigiano Reggiano for Dhs220. To complete the indulgent dining experience, Chef Francesco has created a dreamy dessert of a "baba" with pear topped with vanilla whipped cream and a 24-month Parmigiano Reggiano ice-cream for Dhs55.

For reservations, call +971 2 627 9009 or e-mail at reservationsauh@robertos.ae.

WEST WING GAZEBO, EMIRATES PALACE

A special evening filled with entertainment and culinary delights will take place on March 20th from 7pm – 11pm at the West Wing Gazebo of Emirates



Palace. At the 'Flavours of the Palace' event, meet chefs and sample their signature dishes at the pop-up restaurant stands of BBQ Al Qasr, Hakkasan, Le Vendôme, Mawal, Mezzaluna, Mezlay and Sayad followed by decadent confections prepared exclusively for the evening by the Executive Pastry Chef. Enjoy lively entertainment and a chance to win a prize in the raffle draw. Priced at Dhs160 per person (inclusive of food and beverage vouchers of equal worth). Additional vouchers may be purchased at the event. For more information or to make a reservation, call +971 (0) 2690 7999 or e-mail restaurants@emiratespalace.ae.

NEW
OPENINGS

update eating out



KATSUYA BY STARCK, YAS MALL

The first Katsuya has opened doors in Abu Dhabi's Yas Mall, Yas Island. A result of the prodigious pairing of Master Sushi Chef Katsuya Uechi's innovative take on Japanese cuisine, and world-renowned Designer Philippe Starck's bold aesthetic, Katsuya skillfully translates Japanese flavours for the discerning palate. Guests at Katsuya Yas Mall can enjoy traditional and specialty sushi rolls, sashimi platters, robata grills, and desserts made fresh from the highest quality ingredients sourced from around the world. Try their popular signatures including the crispy rice with spicy tuna, yellowtail sashimi with jalapeno, miso-marinated black cod, or beef filet with foie gras. For reservations, call +971 2 492 6660.



CAMACHO, CASCADE DINING, YAS ISLAND

The casual dining destination, Cascade Dining, located between Yas Mall and Ferrari World, has welcomed a new venue to its collection, Camacho,

where Japanese sushi mastery and classic Italian fresh flavours complement each other.

Visitors can indulge in a variety of contemporary design elements, including chic, elegant furniture, neutral relaxing colour tones and semi-private booths. Guests will also benefit from a centrally located live Teppanyaki show bar as well as spacious outdoor seating overlooking the hotspots dancing fountains. Menu highlights include, signature makimono rolls, freshly-prepared spinach fettuccine with mix mushroom, truffle oil and cream sauce; and Camacho's signature wood-fired pizza, golfo del messico, Camacho's special salsa, topped with tender beef strips, mushroom, sun-dried tomato, olives, jalapenos, mozzarella cheese and onion, garnished with guacamole, sour cream and chives. For reservations, call +971 2 555 7110.

4 new brunches to try

This month we check out four brunches new to Dubai this season

Reviewed by **Sophie Voelzing**

Where?

Katsuya by Starck, Jumeirah Al Naseem Hotel

When? The Katsuya Big Brunch takes place every Friday from 12pm to 4pm

What's it like? Located at a beachfront location within Jumeirah Al Naseem, Katsuya by Starck is a modern Japanese restaurant boasting artistic flair due to design legend, Philippe Starck's sleek and sultry interiors.

Led by master sushi chef Katsuya Uechi, Katsuya's offering dedicates itself to the marriage of Japanese and Californian cuisines – Japanese food, inspired by the American palate that appeals worldwide.

As of March 1, the venue launched its first-ever brunch, AKA the 'Katsuya Big Brunch'. I'm not entirely sure why it's labelled 'big' as such, as I found the brunch to be quite a nice intimate experience, there was however a lot of food to go around.

From a birds-eye view, we're told that Katsuya is designed to look like a bento box, if the roof was removed. Inside, the venue is divided into several different rooms, each of which have slightly different vibes. There's also an outside terrace, which offers beautiful views over Burj Al Arab.

We were seated in a cosy corner and super comfortable booth in the main dining room as you enter the venue, which houses a central sushi bar. The music is upbeat but not overbearing, and increases slightly as the afternoon goes on.

What are the food highlights?

Once seated, brunch begins with sharing starters to the table, including Katsuya's signature crispy rice with spicy tuna, edamame, crispy chicken salad and creamy rock shrimp, which was a joy to dig into with a light, tempura coating that retained a slight

crisp, despite being slathered in an incredibly moorish, creamy sauce (so delicious!). The shredded crispy chicken salad was also a stand-out dish, and delightfully fresh.

The sushi counter was generously stocked with all different types of sushi, sashimi, classic maki rolls and cold canapes. However, the brunch menu at Katsuya includes a choice of one speciality maki roll per person to the table, so I opted for a few slices of tuna and salmon sashimi to enjoy before my Hollywood roll arrived. This mouthwatering roll was a tasty combination of warm shrimp tempura wrapped with avocado and creamy dressing, and topped with a flavoursome albacore tartar.

Next, a robata platter mid-course was served to the table, featuring chicken, short rib and assorted vegetables including nicely charred corn, asparagus and zucchini.

For mains, I liked that all diners could order their own dish, with options including grilled salmon, miso-marinated black cod, Japanese mushroom bop, grilled lamb chops and tenderloin.

Last orders were called at 3.30pm, although we hadn't yet received our



BEST FOR

Decadent sushi
Catching up with friends
Burj Al Arab views
Chilled out vibes



main courses at this point, which caused a bit of confusion as we were asked to place our main course order as soon as brunch started. As we attended the inaugural brunch, I put this down to teething issues, which I'm sure the team will have rectified moving forward – service and food was great otherwise.

Once our mains arrived, they were packed with flavour and a delight to eat. Although on the small side portion wise, my tenderloin was cooked beautifully, and my dining partner's black cod melted in the mouth.

Due to the late arrival of mains, we missed dessert, however there's a separate room dedicated to a sweets buffet.

The bottom line: Katsuya's new brunch is brilliant for lovers of sushi, with more than 20 different rolls available at the counter – in unlimited supply. It's a laid-back, friendly atmosphere, which creates the ideal space for catching up with a loved one or a couple of friends over brunch.

Want to go? Brunch packages start at Dhs350. For more information or to make a reservation, call +971 4 4190676 or e-mail katsuyareservations-uae@diversedining.co.uk.

Where?

The Loft at Dubai Opera,
Downtown Dubai

When? The Loft Caviar Brunch takes place every Friday from 12pm to 4pm

What's it like? Occupying the rooftop floor at Dubai Opera, The Loft recently opened its gorgeous new doors to offer modern European cuisine. The elegant venue lends itself as the perfect spot for sundowners, a la carte or set pre-theatre dinners, post-theatre festivities, and Friday brunch. The Loft Caviar Brunch takes place every Friday from 12pm to 4pm – four hours of pure indulgence.

We're impressed from the get go, as dedicated hostesses meet and greet at the Dubai Opera valet, drop-off location and point us in the right direction. Housed within one of Dubai's most iconic architectural treasures, it's a pleasure to walk through Dubai Opera House to The Loft, which has jaw-dropping views of Burj Khalifa and the Dubai Fountains.

Offering both indoor and outdoor seating, the spacious and contemporary venue is a design dream, boasting pale nude and pastel blue hues with polished marble and copper interiors. The main dining area features a large central bar, a raw bar and a pizza counter, while the terrace offers two-tiers of seating, plus another bar and lounge that's complete with a DJ booth – this area becomes a great social space during brunch.

The atmosphere is upbeat and energetic, yet the music allows for easy conversation – it's a really classy, yet fun affair. The buzz picks up as brunch goes on, particularly when the live saxophonist comes out to entertain.

What are the food highlights?

Premium ingredients take center stage at this brunch, with AmStur caviar and a variety of oysters in no short supply. The hybrid-style offering allows brunch-goers to enjoy sharing starters to the table, including the most delicious homemade ricotta, drizzled with honey and topped with pine nuts, served with freshly baked flatbread, plus a selection of cold cuts, guacamole dip with assorted chips and a few others.

Then it's time to explore the live stations, where there's everything from made-to-order pizzas, scrumptious truffle and mushroom risotto swirled in a Parmigiano Reggiano wheel, prawns and steaks from the live grill topped with a delicious buttery herb sauce, freshly-shucked oysters and seafood



BEST FOR

[Impressing visitors](#)

[High-quality food](#)

[Elegant, up-beat atmosphere](#)

[Burj Khalifa views](#)



from the raw bar, a cheese station and of course, plenty of caviar.

For mains, we enjoy a variety of dishes served to the table. Favourites included the seabass with courgette and mint, plus the flavoursome black angus sirloin with mushroom ragout and gorgonzola. There are also vegetarian options like grilled winter vegetables with cauliflower puree and puffed quinoa, or handmade gnocchi with tomato sauce.



By this point we're all quite full, but once sights are set on the desserts there's no going back, especially not from the perfectly caramelised crème burlee, lemon cheesecake and coffee parfait.

The bottom line: This sophisticated yet energetic and fun brunch is ideal for enjoying with a group of friends or family – particularly if you have guests over and want to impress. The dress code is smart casual, but it's also Dubai Opera, so you'll never be too overdressed here – it's a nice spot to get dressed up for. Service was faultless. Our waiter insured our drinks never went dry and that our table was always left immaculate after each course. Post-brunch, the outdoor bar and lounge area is a great place to enjoy sundowners.

Want to go? Brunch packages start at Dhs395 for four hours. For more information or to make a reservation, call +971 4 362 7312 or e-mail reservations@loftatopera.com.



BEST FOR

Simple yet delicious food
A relaxed atmosphere
Unobstructed ocean
views



cooked al dente and bursting with punchy flavour.

Back at the buffet, there's a generous selection of salads catering to all tastes, plus live stations where chefs are on hand to assist. The veal Milanese is not to be missed, nor the oven-baked salmon and seabass, which are all prepared to tender perfection.

So impressed with the first table-side pasta dish, I'm sure to scoop two tasters of traditional meat lasagna, plus spinach and ricotta crespelle on to my plate, both of which ooze wholesome, hearty goodness.

A whole separate room is dedicated to desserts, and we're spoilt for choice. All individually prepared, the selection looks almost too perfect to touch. A treat for both the eyes and taste buds, the sweets at Il Ristorante impress – particularly the cannoli rolls, and tiramisu.

The bottom line: This brunch is all about high-quality ingredients that are prepared simply and taste fantastic. Authenticity is at its core with ingredients flown in from Italy and an all-Italian staff, all operating in a beautiful Italian property.

It's a relaxed atmosphere, ideal for enjoying with an intimate group of friends or family. Post brunch, head to Il Bar's outdoor terrace to watch sunset, drink in hand.

Want to go? Brunch packages start from Dhs345 for three hours. For more information or to make a reservation, call +971 4 777 5433 or email dine@bulgarihotels.com.

Where?

Il Ristorante - Niko Romito, The Bvlgari Resort Dubai

When? The Italian brunch takes place every Friday from 1pm – 4pm

What's it like? Offering sweeping ocean views, Il Ristorante is a truly Italian restaurant located overlooking the stunning Bvlgari Resort Dubai's marina. Led by famed chef Niko Romito, Il Ristorante recently launched its new Friday brunch that embodies all things Italian.

Inside, the interiors are contemporary and sleek, while the outdoor terrace transports you worlds away with stunning, unobstructed sea views.

Themed as the 'Made in Italy' brunch, the offering here is elegant, laid-back and calming. It's the perfect spot to enjoy a relaxing afternoon with high-quality food, while catching up with a loved one or a small group of friends or family.

Predominantly a buffet-style brunch, the selection is set over Bvlgari's 'Il Bar' area where over 70 Italian dishes are available to try – all made from the freshest of ingredients imported from Italy to ensure authenticity.

What are the food highlights?

Seated and hungry, the wonderful aromas wafting from the food area quickly draw us to the buffet.

The dedicated cheese corner grabs my attention first with its brilliant selection of fresh Italian cheeses such as burrata, mozzarella and Parmigiano-Reggiano, which I pair with a selection of cold cuts, chef Niko's homemade crusty bread and Bvlgari's very own fine olive oil. There's also a raw station offering up seafood and sashimi.

Still seated, a chef from the kitchen stops by to offer a serving of pesto pasta, which I quickly accept and devour –

Where?
Hakkasan Dubai, Atlantis
The Palm

When? The Hakkasan brunch takes place every Friday from 12.30pm to 4pm

What's it like? Now firmly settled in at its new home within Atlantis The Palm, since re-locating a couple of months ago, Hakkasan Dubai has launched a new brunch. Positioned as a firm culinary favourite hotspot in the city, Hakkasan serves modern Cantonese cuisine in a fun and immersive environment that honours the brand's Chinese roots.

Hakkasan Dubai is conveniently located at the entrance to The Avenues, which means you're able to bypass the usual Friday morning hotel entrance traffic. Inside Hakkasan, traditional beautifully carved Chinese wooden screens divide the restaurant into intimate sections. There's also a long bar, where drinks are served pre- and post-brunch.

Making its debut in February, the new Friday brunch offers up a relaxed yet sophisticated afternoon of fun and delicious food. Energetic music ensures a vibrant atmosphere, as does the live drummer who ups the ambiance as brunch goes on.

What are the food highlights?

Brunch here begins at the bar, where a range of specially crafted beverages are prepared to taste. Our waitress sets the tone for a relaxing afternoon, by letting us know that we're able to head to the table whenever we're ready and there's no need to rush.

With hunger pangs setting in, we ask to be seated where we're given a run through of the menu, and informed that brunch here is all served to the table, allowing us to sit back and relax.

Starters arrive soon enough, and include a crispy duck salad with pomelo, pine nuts and shallots, stir-fried vegetables that are served with lettuce wraps, and a tasty dish of chili and pepper crispy chicken. Not forgetting the star of the show, succulent Peking duck, served with steamed pancakes, cucumber, leek and indulgent hoisin sauce.

Next comes a selection of six different types of dim sum, served in individual steamer baskets that are refillable upon request, as many times as you'd like (I'm so glad I arrived hungry!). Dim sum options include the baked venison puff, lobster har gua, cobia fish shu mai, barbecue chicken bun, Chinese chive jade dumpling, and the yam bean and



BEST FOR

Unlimited dim sum
Brunching with friends
Great service



taro croquette. The lobster and fish flavours were our favourite.

For main course, the menu allows each person to choose their own main course from five options. I chose the pan-fry black cod with XO sauce, while my dining partner had the wok-fry beef rib eye with dry chili and cashew, which had a lot of flavour.

Bringing the dining experience to a close, a selection of chef's desserts were brought to the table on an impressive stand featuring a range of miniatures.

The bottom line: Brunch at Hakkasan is a relaxing experience filled with delicious food options and top-notch service. Best for brunch with your other half or a small group of friends. As the weather heats up, this will be a great spot to visit, as all seating is indoors.

Want to go? Brunch packages start at Dhs328. For more information or to make a reservation, call +971 4 426 26 26 or email hakkasan@atlantisthepalm.com.



**SIP ON A MUDDLED MOJITO AND LET YOUR HAIR DOWN.
YOU'RE GONNA ENJOY THAT CARIBBEAN TANG WITH A LATIN FLAIR.
MUNCH AWAY AT SOME SPICY TACOS AND ZESTY CEVICHE
AT THIS AMAZING BEACHFRONT BAR & GRILL.**

easy

Delicious, simple,
and easy-to-
make recipes



BBQ made easy

■ page 30

share the

■ sunshine page 20



Best BBQ sides

■ page 34

budget friendly

■ easiest ever midweek
meals page 36



Share the

sunshine

The Middle East's summery 'winter' season is in full swing, and that means blazing BBQs, picnics and nice times spent in the garden. So get outside, bask in the sunshine and treat your friends and family to these fabulous new recipes

recipes CASSIE BEST and BARNEY DESMAZERY **photographs** TOM REGISTER

Fruit & mascarpone tart

Think of this tart as an oversized millefeuille, the classic French pastry of a 'thousand layers'. Baking the puff pastry between two baking sheets compacts the layers whilst making them more distinct – flaky, brittle and totally delicious. It's very easy to make, but impressive enough for a special gathering. Cutting it will be the only tricky part – for this use a small serrated knife.

SERVES 15-18 **PREP** 30 mins **COOK** 30 mins **V**

2 x 320g ready-rolled all-butter puff pastry
100g icing sugar
750g tub mascarpone
600ml double cream
2 tsp vanilla extract
200g raspberries, a few halved
200g blackberries, a few halved
1 large mango, peeled and thinly sliced
6 nectarines or peaches, or a mixture, sliced
4 passion fruits (look for ones with crinkly skin, this means they're ripe), halved, seeds and pulp scooped out
handful small mint leaves

1 Heat oven to 200C/180C fan/gas 6. Unroll 1 pastry sheet, but leave it on the parchment. Place it on a baking tray, dust with 2 tbsp icing sugar, then cover with another sheet of parchment and another baking tray. Pour baking beans into the tray to weigh it down, or use empty cans. Bake for 30 mins, then check if the pastry is golden all over. If not, return for another 5 mins or so. Repeat with the other pastry sheet (or cook both together if you have enough trays). Once out of the oven, trim the edges with a large, sharp knife. Leave to cool.
2 Softly whip the mascarpone, cream, vanilla and remaining icing sugar, then transfer half to a disposable piping bag fitted with a 1.5cm round nozzle (or just snip off the corner). Pipe blobs of the mascarpone cream over the surface of one piece of pastry, right up to the edges. Top with half the fruit and dust with a little icing sugar.
3 Top with the second piece of pastry, more mascarpone cream (refilling the bag when you need to), the remaining fruit, a dusting of icing sugar and, finally, some mint leaves. Use a serrated knife to cut through the layers without squashing the whole tart. *Best served within an hour or two, but leftovers will keep for up to two days in the fridge.*

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING 547 kcals • fat 46g • saturates 30g • carbs 26g • sugars 15g • fibre 3g • protein 5g • salt 0.2g

Make it all year round

Pear & calvados tart

Mix a splash of calvados into the cream and top with caramelised pears

Chocolate orange tart

Mix orange zest into the cream and dust the tart liberally with cocoa and chocolate shavings


Rhubarb & pistachio tart

Top the tart with roasted rhubarb and chopped pistachios

Bake the pastry
up to a day
before serving



Throw a glam garden party



Pack a large
paella pan with
your camping kit
if you're catering for
lots of people

Outdoors cooking for a crowd

Smoky sausages
and BBQ sauce
add bags of flavour
to this one-pan dish

Campfire smoky
bean brekkie, p24

This vegetarian picnic pie is sturdy enough to withstand a journey in a cool bag

Pack up a picnic

Packed with veggies, feta and egg, this is part tortilla, part pie

Veggie rainbow picnic pie, p24

Campfire smoky bean brekkie

This makes a fantastic camping breakfast or dinner for a crowd. Paella pans can be found for very little money and are the perfect one-pan cooking vessel for the campsite. You can of course, halve the recipe and cook it in a large frying pan if you like.

SERVES 8-10 (easily halved) **PREP** 10 mins **COOK** 30 mins **EASY** □

4 tbsp olive or rapeseed oil	500ml carton passata
3-4 rosemary sprigs	300g good quality BBQ sauce (we used Stokes)
6 chipolatas	2 x 400g can borlotti beans, drained
12 small cooking chorizo, halved	2 x 400g haricot beans, drained
6 good-quality smoked hot dog sausages, cut into large chunks	8-10 eggs
2 onions, chopped	toast, to serve

1 Heat the oil in a large paella pan (ours was 45cm). Add the rosemary and sizzle for a minute or 2, then scoop it out to a plate and set aside. Add the chipolatas and brown all over, push to one side of the pan and add the other sausages. Cook for a few mins until the chorizo starts to release some of its oil, then push these aside too. Add the onions and cook until soft, about 8 mins.

2 Add the passata, BBQ sauce and some seasoning, bring to a simmer and bubble for a few mins, then stir in the beans and bring everything back to a bubble.

3 Using the back of a spoon, create little spaces in the beans and crack in the eggs, dotting them over the surface. Cover the pan with foil and cook gently for 10 mins or until the eggs are cooked to your liking. Top with the rosemary and serve with buttered toast and mugs of tea.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (10) 441 kcal • fat 27g • saturates 27g • carbs 8g • sugars 12g • fibre 5g • protein 23g • salt 2.3g

Veggie rainbow picnic pie

SERVES 12-14 **PREP** 45 mins **COOK** 1 hr 40 mins **EASY** ▼

450g butternut squash, peeled, sliced and cut into small chunks	2 tbsp breadcrumbs
2 tbsp olive or rapeseed oil	300g pack cooked beetroot, sliced
1 large onion, sliced	450g jar roasted red peppers, drained
550g small waxy potatoes, peeled and sliced	200g block feta cheese
2 x 375g blocks all butter puff pastry	150g frozen peas
flour, for dusting	small bunch each parsley and mint, chopped
1 x 320g ready-rolled sheet all-butter puff pastry	10 eggs
	2 tbsp sesame seeds

1 Heat oven to 200C/180C fan/gas 6 Toss the squash in 1 tbsp oil and some seasoning and roast for 20 mins until soft. Meanwhile, fry the onion in the remaining oil for 10-15 mins over a low heat until golden and boil the potatoes for 8 mins until soft. Drain the potatoes and leave the veg to cool.

2 Reduce oven to 180C/160C fan/gas 4. Line a 20cm x 30cm baking tin with a long double thickness strip of parchment (this will help you to lift out the pie once cooked). Squeeze the two blocks of pastry together, then roll out on a floured surface – the pastry should be about the thickness of a £1 coin. Use the pastry to line the tin, leaving any excess pastry hanging over the edges.

3 Sprinkle the breadcrumbs over the base of the pastry. Layer in the beetroot slices, peppers, squash, onions, feta, potatoes, peas and herbs (in that order for a nice rainbow effect), seasoning well between each layer. Beat the eggs and pour slowly over the filling until most of it has sunk through the layers, saving a little to glaze the top. Brush some egg over the overhanging pastry then lay the rolled pastry sheet on top. Press the pastry sheets together, then use some kitchen scissors to trim the excess pastry, leaving about 2cm. Roll the edges in to seal, then press them firmly with a fork. Brush with egg, sprinkle with seeds, then use the fork prongs to mark out 12 portions. Bake for 1 hr 20 mins until the pastry is golden and crisp. Leave to cool completely before slicing, or chill for up to two days before serving.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (14) 486 kcal • fat 29g • saturates 17g • carbs 40g • sugars 6g • fibre 4g • protein 15g • salt 0.9g

Korean chilli, sesame & honey chicken

A good kebab always goes down well at a BBQ, and this one with its sweet, spicy and sticky glaze is our new favourite. Cooking the thighs whole keeps them juicy and makes it easier to cook. You can also cook this under the grill, turning and glazing in the same way you would on the BBQ.

SERVES 6-8 **PREP** 15 mins **COOK** 20 mins **EASY** ✨

12 chicken thighs, boneless and skinless
2 tbsp soy sauce
1 tbsp sesame oil
thumb-sized piece ginger, grated
4 spring onions, sliced
For the glaze
4 tbsp Korean chilli paste (gochujang) or use a mixture of 3 tbsp ketchup and 1 tbsp sriracha chilli sauce
2 tbsp honey
juice ½ lime
1 tbsp soy sauce
1 tsp sesame oil
2 tbsp sesame seeds

1 Toss the chicken in the soy sauce, sesame oil and ginger. Thread each thigh on two long metal skewers, so that each skewer pierces one side of the thigh. Keep threading the chicken, making sure it's packed onto the skewers tightly. Chill until you're ready to cook. Mix the ingredients for the glaze.

2 Heat the BBQ. If using a coal BBQ, wait for the coals to turn ashen before you start cooking. Cook the kebab for 5-8 mins on each side (depending on the heat). Once nicely charred but not fully cooked through, start painting on the glaze. The honey will catch if cooked for too long – the key to nice sticky chicken is applying the glaze in layers, turning the kebab often. Once the glaze has been used up and the chicken is cooked through (it'll take about 20 mins in total), transfer to a plate and leave to cool for 5 mins before serving scattered with spring onions.

PER SERVING (6) 263 kcal • fat 14g • saturates 3g • carbs 11g • sugars 9g • fibre 1g • protein 23g • salt 1.9 g



New flavours on the BBQ

Look for gochujang paste in the international aisle in supermarkets, or buy it online

Lime, chilli & feta butter

Here's a tasty little recipe to transform BBQ sides. Perfect melted over hot corn on the cobs or boiled new potatoes.

SERVES 8 PREP 10 mins NO COOK V

Mash **150g butter** until soft. Crumble over **100g feta**, add the **finely grated zest of 2 limes**, **1 finely chopped chilli** and a **handful of chopped coriander leaves**. Mash everything together with a little salt, then chill until needed.

GOOD TO KNOW gluten free

PER SERVING 171 kcal • fat 18g • saturates 11g • carbs none • sugars none • fibre none • protein 2g • salt 0.6g

Mozzarella dippers

SERVES 4-6 **PREP** 15 mins plus 2 hrs freezing

COOK 20 mins **EASY** ⚡ before frying **V**

400g block mozzarella (not in water)	2 tsp smoked paprika
50g flour	2 tsp dried oregano
2 eggs	vegetable or sunflower oil for frying
150g breadcrumbs	dips, to serve

1 Cut the mozzarella into 'chips'. Tip the flour into a bowl and season well. Whisk the eggs in a second bowl and tip the breadcrumbs, paprika and oregano into a third. Coat the mozzarella sticks in the flour, then the egg, then the breadcrumbs. Transfer to a parchment-lined tray and freeze for at least 2 hrs.

2 Heat enough oil to come 2-3cm up the side of a saucepan. When hot, drop in a test chip – it should sizzle straight away and brown within a minute or two. The secret is to cook them long enough to crisp up the outside without letting the mozzarella ooze out – it may take you a few practice chips to get it right. Cook the chips in batches and drain on kitchen paper. Serve hot with your favourite dip.

GOOD TO KNOW calcium

PER SERVING 378 kcals • fat 23g • saturates 10g • carbs 25g • sugars 1g • fibre 1g • protein 18g • salt 0.9g

Garlic croissant knots

SERVES 4-6 **PREP** 10 mins **COOK** 40 mins **EASY** ⚡ before baking **V**

350g croissant dough	2 rosemary sprigs, leaves picked
75g garlic butter	and chopped
	dips, to serve

1 Heat oven to 180C/160C fan/gas 4. Line a 20 x 30cm baking tin with baking parchment. Unroll the croissant dough and squeeze the perforated lines back together. Use a pizza cutter to cut the dough into 2cm thick strips, working across from one of the shorter edges. Roll each strip and place, swirl-side up in the tin. Arrange the rolls randomly.

2 Melt the butter with the rosemary and pour it over the rolls. Bake for 40 mins until golden brown. Serve with your favourite dips.

PER SERVING 304 kcals • fat 23g • saturates 13g • carbs 20g • sugars 4g • fibre 1g • protein 4g • salt 1.1g

Bacon-wrapped jalapeño poppers

SERVES 4 **PREP** 15 mins **COOK** 40 mins **EASY** ⚡ before cooking **Q**

20 fat green jalapeño chillies	20g parmesan, grated
150g cream cheese	10 rashers smoked streaky bacon
75g mozzarella, chopped into chunks	dips, to serve

1 Heat oven to 180C/160C fan/gas 4. Cut a slit in each chilli from top to bottom and scoop out the seeds and white pith with a teaspoon. Mash the cheeses together with some seasoning and stuff the mixture into the chillis.

2 Halve each slice of bacon and wrap a piece around each chilli. Cook for 35-40 mins until the bacon is crisp. Serve with your favourite dips and beware – some of the chillies will be spicier than others!

GOOD TO KNOW vit c • gluten free

PER SERVING 351 kcals • fat 28g • saturates 14g • carbs 4g • sugars 4g • fibre 2g • protein 20g • salt 2.6g



These cheat's
garlic dough balls
use a packet of
ready-made
croissant dough

Half-time snacks



HOME-BAKED BREAD, MADE EASY

Create your very own beautifully baked breads with Panasonic's new Automatic Bread Maker, now available exclusively at Tavola. The easy-to-use machine features 33 menu options for bread and dough, as well as jam and compote – there's even special settings that create gluten free bread, rustic sourdough, scones and artisan breads.

Making freshly baked bread at home has never been easier, thanks to Panasonic's Automatic Bread Maker, which is now available exclusively at premium kitchen specialty retailer, Tavola, in-stores across the UAE and online at tavolashop.com.

Equipped with a unique double temperature sensor, efficient kneading technology, automatic ingredients dispenser and multiple baking options, this Bread Maker is designed to help baking beginners and enthusiasts get creative in the kitchen, and easily bake a variety of delicious breads like a true baker.

The Panasonic Bread Maker is fully automatic, meaning that all you need to do is measure in the ingredients, select your desired recipe from the menu button, and let the machine do the rest.

Ensuring fool-proof and consistent results, the machine's yeast dispenser compartment releases yeast into the dough at the optimal moment, thus resulting in perfect bread every time. You can also add your choice of nuts and raisins to a dedicated compartment that will release your dry mix-ins to the dough at the very right moment for even distribution and taste.

The menu is programmed to have 33 functions, ranging from loaves like brioche, through to scones and artisan breads, and even to just kneading and proofing dough. Best yet, the Bread Maker features special Sourdough and Gluten Free programmes, meaning there's something for everyone.





It has a timer function that can delay the start for up to 13 hours, so you can put the ingredients in before you go to bed and wake up to the smell of fresh bread.

Panasonic products all come with a 'Makers of Quality. Mastered in Japan' tag of excellence, and with a 100-year heritage, Panasonic prides itself as a brand that genuinely understands quality. Rooted in Japanese culture, Panasonic ensures excellent craftsmanship and stay's uncompromised on the latest innovations, offering a premium range of products that cater to every lifestyle need.

Building on its long history of pioneering baking technology, Panasonic developed the SD-ZB2512 as the ultimate, fully automated artisan-style bread maker. It is engineered with two ribs to replicate a human baker's kneading techniques, thus allowing the blade to catch and extend dough, as well as evenly distribute ingredients, for superior results.

The SD-ZB2512 Bread Maker is Panasonic's top-of-the-range bread maker. The well-thought design between the shiny metal body and gloss black lid and control panel are set to look stylish on your home kitchen countertop.

Priced at AED 1,364 (Inclusive of VAT), the Panasonic Automatic Bread Maker is available in the UAE, across all Tavola stores and online at tavolashop.com.

KEY FEATURES

FULLY AUTOMATIC

The control panel is simple and easy to use. Just press the menu button, choose the desired recipe, loaf size and crust preference, then press start.

AUTOMATIC INGREDIENTS DISPENSER

The Yeast Dispenser drops yeast automatically at the optimum time, just like a skilled baker. The Raisin Nut Dispenser dispenses chopped dried fruits, raisins, nuts, cereals and more. It ensures even distribution of added ingredients through the loaf.

TEMPERATURE SENSOR

Panasonic's bread baking programmes adjust each process according to the ambient temperature. Total baking time of each programme still stays the same regardless of the temperature conditions.

31 MENU OPTIONS FOR BREAD AND DOUGH

With menu options ranging from rustic artisan, sourdough, brioche to pizza dough, the Panasonic bread maker is extremely versatile. You can choose from three levels of loaf size and crust colour to bake exactly the kind of bread you like.

YOUR VERY OWN HOMEMADE SOURDOUGH

The Panasonic bread maker is equipped with a sourdough kit so you can make homemade sourdough bread. All you have to do is follow a few preparation steps and leave the rest up to the bread maker.

100% GLUTEN FREE

The Gluten Free bread programme allows you to bake gluten free loaves, using a wide range of gluten free bread mixes and flours, giving you the convenience of having freshly baked bread that is tailored specifically to your taste and health needs.

MENU OPTIONS FOR JAM AND COMPOTE

The Panasonic bread maker not only bakes bread and prepares dough but also lets you prepare homemade jams with the Jam and Compote mode. It offers 8 jam and 6 compote recipes with operating instructions to help you along the way.

LOAF SIZE AND DARKNESS OPTIONS

The Panasonic bread maker adapts to your life. Whether it's a smaller loaf for an individual serving or an XL loaf for family-sized portions, making the perfect loaf couldn't be easier. It is even possible to determine how light or dark you would prefer your loaf, by simply selecting the desired browning level.

TAVOLA SHOP LOCATIONS

DUBAI

Tavola, Mall of the Emirates
+9714-3402933

Tavola, Mirdif City Centre
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Tavola, Al Ain Mall
+9713-7647297

BBQ MADE EASY

Everyone loves a BBQ but it can be a little daunting knowing how to go about it. Worry no more! Follow our step-by-step guide to safe cooking with fire and enjoy these super-simple recipes with friends and family

words LULU GRIMES

HOW TO LIGHT A BBQ

1 Set up in an open space

Fire up your barbecue in an open space, clear of fences or trees. It's a good idea to have a fire extinguisher or a bucket of water nearby as well, and keep kids and pets well away. Use long-handled tongs and proper barbecue equipment with insulated handles, or you may burn yourself.

2 Buy good-quality charcoal

Look for good-quality, sustainably produced charcoal – a type made from coppiced wood works well. This lights easily, burns better and won't taint the flavour of the food, unlike charcoals containing accelerants.

3 Use a chimney starter

You can light the coals inside one of these tubular starters, just with a few sheets of newspaper. They will quickly catch and glow. Also, the chimney protects the coals (and you) from flying sparks on a windy day. Once the coals are ready, you can easily tip them into the barbecue.

4 If you don't have a chimney, stack your charcoal

Put balls of newspaper, wood shavings or wool amongst the coals. Light and allow the flames to catch, get going and die down again. You need ashen coals to cook on – flames will only burn food. When a few coals are lit, the rest will catch on their own, so don't hurry them along by adding more firelighters. If the heat is starting to fade too quickly, add coals to the outside of the barbecue and leave them to flame up and die down before cooking over them.

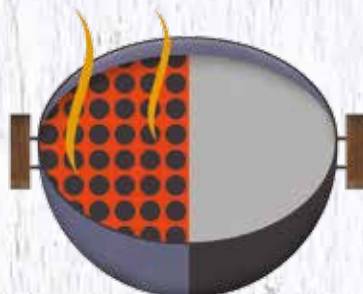
5 Know whether you need direct or indirect heat before you start to cook

How you arrange your coals will give you different heat zones and more control over your barbecue.



DIRECT HEAT

If you think of a barbecue as a hob, lighting an even layer of coal is the equivalent of cooking everything on the highest heat in the hottest pan. Although this direct method might be fine for thin cuts of meat that cook quickly (like burgers and thin-cut steaks), it will cremate anything that needs more time to cook through.



INDIRECT HEAT

Push the coals to one side of the barbecue, making the other side a source of indirect heat for low and slow cooking. This also enables you to cook on one half and keep food warm on the other. You can do this with a kettle barbecue, as shown. Alternatively, nestle an old roasting tin in a stack of coals, then cook on a grill over the tin, covered by the lid. The heat circulates giving you a hot-smoked/spit-roast effect, ideal for larger joints, meat on the bone and delicate fish fillets. Where the coals are stacked, you have direct heat for quickly browning food.



A LITTLE OF EACH

By sloping the coals you get a gradient of heat from searing hot to a temperature perfect for gentle sizzling. This is useful when barbecuing for a crowd – moving food around the grill to prevent it from burning as you work on cooking the next batch on the fully stacked end.

6 Know when the coals are ready

Undercooking or burning food is not a risk worth taking. Observe the coals.

Black or grey with flames: Not ready yet. Step away, have a beer and relax.

Glowing white hot with red centres: Blow very gently on them to check that they are glowing. Ready for direct heat.

Ashy white but still very hot: Ready for indirect heat or cooking in the coals.

7 Use a thermometer

Test the temperature of food to help prevent barbecue disasters. We like Thermapens, which have a probe that folds away neatly and safely for storage in your cutlery drawer.

Greek chicken kebab

This version of Greek gyro chicken kebabs uses thigh instead of breast to keep the meat really succulent.

SERVES 6 **PREP** 20 mins
COOK 55 mins plus overnight
 marinating **EASY**

12 boneless, skinless chicken thighs

For the marinade

2 garlic cloves, crushed

1 lemon, zested and juiced

1 tsp ground cinnamon

1 tsp ground allspice

1 tbsp dried oregano, wild if possible

2 tsp paprika

4 tbsp olive oil

small bunch parsley, finely chopped

To serve

pitta breads, salad and yogurt

You will need

2 metal skewers

1 Combine all the ingredients for the marinade in a bowl, along with some seasoning. Add the chicken thighs and mix everything together. Cover and chill overnight.

2 Light a lidded barbecue, then let the flames die down. Once the coals have turned ashen, mound them up on one side. Thread the chicken thighs onto two metal skewers – so that both skewers go through each piece of meat – packing the thighs down so that they are really compact. Place the chicken kebab on the side without any coals underneath. Pop the lid down and cook for 45-55 mins, turning regularly, or until cooked through – prise the chicken pieces apart in the centre to check this. Cover the chicken with foil and leave to rest for 20 mins before slicing. (If cooking in the oven, heat to 200C/180C fan/gas 6. Rest a wire rack over a roasting tin and place the chicken on top. Cook for 45-55 mins or until done.)

3 Slice strips of chicken from the kebab and stuff into pittas, warmed on the barbecue.

GOOD TO KNOW gluten free

PER SERVING 323 kcals • fat 21g • saturates 5g •
 carbs 1g • sugars none • fibre 0g • protein 31g • salt
 0.3g



Smoky mushroom burgers with roasted garlic mayo

Top the mushrooms with melted cheese and aioli for the ultimate veggie burger.

SERVES 4 **PREP** 25 mins **COOK** 50 mins **EASY** **V**

4 large flat mushrooms
1 tbsp olive oil, plus extra for frying
2 roasted red peppers (from a jar), finely chopped
½ small pack thyme, leaves picked and chopped
50g fresh breadcrumbs
1 tbsp sundried tomato paste
2 tsp smoked paprika
3 red onions, sliced

1 tbsp golden caster sugar
1 tbsp vinegar

For the roasted garlic mayo

3 garlic cloves, unpeeled
50g good-quality mayonnaise

To serve

4 crusty bread rolls (we used ciabatta)
salad leaves
25g cheddar or manchego, grated

1 Heat up the barbecue. To make the garlic mayo, wrap the garlic cloves in a foil parcel, place on a hot spot of the barbecue and cook for 20 mins until soft. Or, bake in a hot oven for 20–30 mins. Leave to cool, then squeeze the cloves out of their skins and mash with a fork. Mix with the mayonnaise. Chill until ready to serve.

2 Remove the stalks of the mushrooms and finely chop. Heat a drizzle of oil in a pan (on the barbecue or hob), and fry the stalks for a few mins until soft. Add the peppers, thyme, breadcrumbs, tomato paste, paprika and seasoning. Cook for 5 mins more, then set aside to cool. Rub the mushroom caps with a little oil and season, then top with ¼ of the mixture. *Can be chilled for up to one day.*

3 Meanwhile, heat a little oil in another frying pan (on the barbecue or hob), and add the onions. Cook for 15 mins until soft, then add the sugar, vinegar and season. Cook for 5 mins more until caramelised and sticky. *Can be chilled for up to two days.*

4 Put the mushrooms on the barbecue (stuffed-side up), close the lid or cover with foil, and cook for 20 mins. Split the rolls and heat on the barbecue. Spread with garlic mayo, top with salad, a stuffed mushroom, sticky onions and grated cheese.

GOOD TO KNOW healthy

PER SERVING 283 kcals • fat 17g • saturates 2g • carbs 27g • sugars 13g • fibre 4g • protein 6g • salt 0.4g

Charred aubergine, pepper & bulgur salad

Flavour basic grains with sundried tomatoes, aubergines, red peppers and olives for a versatile side dish, ideal for a barbecue.

SERVES 4 **PREP** 10 mins **COOK** 10 mins
EASY **V**

175g bulgur wheat
2 tbsp sundried tomato paste
4 baby aubergines, each sliced lengthways into 3
1 red pepper, sliced lengthways into 1cm pieces
2 tsp olive oil
handful basil leaves

1 Prepare the bulgur following pack instructions. Tip into a large bowl and stir through the tomato paste. Season.
2 Heat a barbecue or griddle pan to high. Drizzle the aubergines and red pepper with the oil and cook for 5 mins on each side until lightly charred.
3 Stir the aubergines and red pepper into the bulgur mixture, then season and stir through the basil.

GOOD TO KNOW vegan

PER SERVING 198 kcals • fat 3g • saturates none • carbs 38g • sugars 6g • fibre 6g • protein 6g • salt 0.2g



BBQ sardines with chermoula sauce

Serve sardines with a delicious lemon, chilli and herb chermoula sauce for a real taste of summer. Perfect for a lazy afternoon barbecue.

SERVES 4 **PREP** 10 mins

COOK 5 mins on direct heat **EASY**

8 whole sardines,
gutted

2 tbsp olive oil

**For the chermoula
sauce**

1 large pack coriander

1 small pack parsley

2 garlic cloves

1 preserved lemon,
skin only

1 tsp ground cumin

½ tsp smoked paprika

¼ tsp chilli flakes

75ml extra virgin
olive oil

You will need

8 metal skewers

1 Blitz all the ingredients for the chermoula sauce in a food processor (or finely chop) with a generous pinch of seasoning, then set aside. *Will keep in an airtight container in the fridge for up to three days.*

2 Heat barbecue for direct cooking. Rub the sardines with the oil and season well. Thread each fish from head to tail onto a skewer, making a few slashes with a knife to each.

3 Cook the sardines over the glowing coals for 2-3 mins each side until cooked through and nicely charred. Drizzle over the chermoula sauce to serve.

GOOD TO KNOW gluten free

PER SERVING 661 kcal • fat 55g • saturates 10g •
carbs 1g • sugars 1g • fibre 2g • protein 39g • salt 0.7g



Best BBQ sides

Fresh new accompaniments for your best ever outdoor feast

recipes ELENA SILCOCK

Sweet potato salad

SERVES 6 **PREP 15 mins**
COOK 35 mins **EASY V**

Roast **1kg sweet potato**, peeled and cut into chunks for 35 mins at 200C/180C fan/gas 6 until tender and golden, then set aside to cool. Make a dressing by whisking **5 tbsp sherry vinegar**, **2 tbsp olive oil** and **2 tbsp honey** with some seasoning. Add **2 finely chopped shallots**, **4 finely sliced spring onions**, and a **bunch of finely chopped chives**. Toss the potato in the dressing and serve.

GOOD TO KNOW low fat • fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 221 kcal • fat 4g • saturates 1g • carbs 40g • sugars 15g • fibre 6g • protein 3g • salt 0.2g

Pearled wild rice salad

SERVES 4 **PREP 10 mins** **COOK 40 mins** **EASY V**

Cook **200g wild rice** following pack instructions, drain and rinse in cold water until cool. Whisk **2 tbsp olive oil**, **1 tbsp pomegranate molasses**, the **juice of ½ a lemon** and **1 tsp wholegrain mustard**, then tip into the rice. Stir in a **handful of chopped parsley**, **mint** and **coriander** and **100g pomegranate seeds**. Season.

GOOD TO KNOW vegan • healthy • gluten free
PER SERVING 278 kcal • fat 7g • saturates 1g • carbs 44g • sugars 7g • fibre 4g • protein 8g • salt 0.3g

Pesto bread

SERVES 6-8 **PREP 10 mins** **COOK 15 mins** **EASY**

Blitz **3 tbsp fresh pesto** with **50g butter**. Cut **2 bake-at-home baguettes** diagonally at 2cm intervals, slicing almost but not all the way. Fill the slits with spoonfuls of the pesto butter. Bake at 200C/180C fan/gas 6 for 15 mins until golden and oozing.

PER SERVING (6) 181 kcal • fat 8g • saturates 4g • carbs 23g • sugars 1g • fibre 1g • protein 4g • salt 0.9g

Roasted chickpea & tomato salad

SERVES 4 **PREP 5 mins**
COOK 30 mins **EASY V**

Fill a foil parcel with a **400g can of drained chickpeas** and **200g cherry tomatoes**. Squeeze over the **juice of ½ a lemon**, drizzle with **2 tbsp olive oil**, season, seal, then nestle into barbecue embers. Cook for 30 mins, then open and scatter over a **handful of basil leaves**.

GOOD TO KNOW healthy • 1 of 5-a-day • gluten free
PER SERVING 139 kcal • fat 7g • saturates 1g • carbs 11g • sugars 2g • fibre 4g • protein 5g • salt 0.1g

Griddled cauliflower

SERVES 4 **PREP 15 mins**
COOK 20 mins **EASY V**

Slice **1 large cauliflower** into eight chunks, toss in a **little olive oil** and season, then grill on the barbecue for 15-20 mins, turning halfway, until softened and charred. Blitz **3 tbsp yogurt** with **1 tbsp olive oil** and the **juice of ½ a lemon**, add **50g crumbled feta** and **½ tbsp tahini**, season then drizzle over the cauliflower. Scatter over **2 tbsp toasted sesame seeds** to serve.

GOOD TO KNOW healthy • folate • vit c • gluten free
PER SERVING 192 kcal • fat 11g • saturates 3g • carbs 11g • sugars 8g • fibre 4g • protein 10g • salt 0.4g

Fennel & sunflower seed slaw

SERVES 4 **PREP 10 mins** **NO COOK**
EASY V

Mix **½ tbsp white wine vinegar**, **1 tsp Dijon mustard**, **½ tsp sugar** and **2 tbsp natural yogurt**. Finely slice **2 fennel bulbs** and **1 red onion** and toss in the dressing. Add a **handful of chopped parsley** and **mint**, season and scatter over **2 tbsp toasted sunflower seeds**.

GOOD TO KNOW healthy • low fat • 1 of 5-a-day • gluten free
PER SERVING 84 kcal • fat 3g • saturates 1g • carbs 9g • sugars 4g • fibre 4g • protein 4g • salt 0.3g

ALL-OUT BRUNCH

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like a king

DRINK

like a fish

BRUNCH

like there's no tomorrow

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Simple weekday meals that are easy on the purse strings *recipes MIRIAM NICE photographs STUART*

Orzo & tomato soup

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY** 

2 tbsp olive oil
1 onion, chopped
2 celery sticks, chopped
2 garlic cloves, crushed
1 tbsp tomato purée
400g can chopped tomatoes
400g can chickpeas
150g orzo pasta

700ml vegetable stock
2 tbsp basil pesto
crusty bread, to serve

■ Heat 1 tbsp olive oil in a large saucepan. Add the onion and celery and fry for 10-15 mins, or until starting to soften, then add the garlic and cook for 1 min more. Stir in all the other ingredients, except for the pesto and remaining oil, and bring to the boil.
■ Reduce the heat and leave to simmer for 6-8 mins, or until

the orzo is tender. Season to taste, then ladle into bowls.

■ Stir the remaining oil with the pesto, then drizzle over the soup. Serve with chunks of crusty bread.

GOOD TO KNOW healthy • low fat • low cal • fibre
• 2 of 5-a-day
PER SERVING 349 kcal • fat 12g • saturates 2g
• carbs 45g • sugars 9g • fibre 8g • protein 12g • salt 0.6g



gf tip

Reheating this the next day? The orzo will have absorbed some of the liquid, so just add some boiling water to make it more soup-like.



Roasted cauliflower with tomato & cashew sauce

SERVES 4 **PREP** 5 mins
COOK 40 mins **EASY V**

1 cauliflower, cut into florets
2 tsp nigella seeds
2 tbsp vegetable oil
3 tsp garam masala
2 garlic cloves, crushed
2cm piece ginger, grated
500g passata
2 tbsp cashew nut butter

50ml double cream

To serve
brown rice or naan bread
½ bunch coriander, chopped

■ Heat oven to 200C/180C fan/gas 6. Toss the cauliflower florets with the nigella seeds, 1 tbsp of the oil and 2 tsp of the garam masala. Spread out onto a roasting tray and cook for 35-40 mins until starting to soften and char, tossing halfway through.
■ Meanwhile, heat the rest of the oil in a small pan. Add the garlic, ginger,

passata and the remaining garam masala and leave to simmer, uncovered, for 10-15 mins. Stir in the cashew nut butter and cream, then season to taste.

■ Serve the sauce over the brown rice or naan bread, top with the roasted cauliflower and garnish with the coriander.

GOOD TO KNOW vit c • 2 of 5-a-day • gluten free
PER SERVING 240 kcals • fat 17g • saturates 5g
• carbs 13g • sugars 8g • fibre 3g • protein 7g • salt 0.1g

Cheesy sprout pasta bake

SERVES 4 **PREP** 5 mins

COOK 45 mins **EASY** **V**

200g Brussels sprouts, halved
1 tbsp olive oil
1 tbsp balsamic vinegar
350g penne pasta
2 tbsp butter
1 garlic clove, crushed
3 tbsp plain flour
500ml milk
2 tsp wholegrain mustard
200g mature cheddar, grated
green salad leaves, to serve
(optional)

■ Heat oven to 200C/180C fan/gas 6. Toss the sprouts in the oil and vinegar, then tip into a roasting tin. Bake for 10-15 mins, tossing again halfway through.

■ Meanwhile, cook the pasta until it has a slight bite (around two minutes less than pack instructions), then drain and set aside.

■ Heat the butter in a pan. Add the garlic and flour and cook for 1-2 mins. Gradually add the milk until the mixture is smooth, then simmer for 5 mins until thick.

■ Remove from the heat and add the mustard and most of the cheese, reserving one handful for the topping. Season well and stir. Add the pasta, then tip the mixture into a large baking dish. Top with the roasted sprouts and reserved cheese and bake for 20 mins until the cheese topping is golden and bubbling. Serve with a green salad, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c

PER SERVING 734 kcals • fat 33g • saturates 18g

• carbs 76g • sugars 9g • fibre 8g • protein 30g •

salt 1.4g



Easy vegan pho

SERVES 2 **PREP** 10 mins

COOK 20 mins **EASY** **V**

100g rice noodles
1 tsp Marmite
1 tsp vegetable oil
50g chestnut mushrooms, sliced
1 leek, sliced
2 tbsp soy sauce

To serve

1 red chilli, sliced (deseeded if you don't like it too hot)
1/4 bunch mint, leaves picked and stalk discarded
handful salted peanuts
sriracha

■ Tip the noodles into a bowl and cover with boiling water. Leave to stand for 10 mins, then drain, rinse in cold water and set aside.

■ In a jug, mix the Marmite with 500ml boiling water. Set aside while you cook the vegetables.

■ Heat the oil in a saucepan, then add the mushrooms and leek. Cook for 10-15 mins until softened and beginning to colour, then add the soy sauce and Marmite stock and stir. Bring to the boil for 5 mins.

■ Divide the noodles between two deep bowls, then ladle over the hot broth. Top with the chilli slices, mint leaves and peanuts, and serve with some sriracha on the side.

GOOD TO KNOW vegan • low fat • low cal • folate

• 1 of 5-a-day

PER SERVING 234 kcals • fat 2g • saturates 0.3g • carbs 46g • sugars 4g • fibre 3g • protein 6g • salt 2.8g





Easy chicken stew

SERVES 4 **PREP** 10 mins
COOK 50 mins **EASY**

1 tbsp olive oil
1 bunch spring onions, sliced, white and green parts separated
1 small swede (350g), peeled and chopped into small pieces
400g potatoes, peeled and chopped into small pieces
8 skinless, boneless chicken thighs
1 tbsp Dijon mustard
500ml chicken stock
200g Savoy or spring cabbage, sliced

2 tsp cornflour (optional)
cheese scones or crusty bread, to serve (optional)

■ Heat the oil in a large saucepan. Add the white spring onion slices and fry for 1 min to soften. Tip in the swede and potatoes and cook for 2-3 mins more, then add the chicken, mustard and stock. Cover and cook for 35 mins, or until the vegetables are tender and the chicken cooked through.
■ Add the cabbage and simmer for another 5 mins. If the stew looks too thin, mix the cornflour with 1 tbsp cold water and pour a couple of


teaspoonfuls into the pan; let the stew bubble and thicken, then check again. If it's still too thin, add a little more of the cornflour mix and let the stew bubble and thicken some more.
■ Season to taste, then spoon the stew into deep bowls. Scatter over the green spring onion slices and serve with warm cheese scones or crusty bread, if you like.

GOOD TO KNOW healthy • low fat • low cal • folate
• fibre • vit c • 2 of 5-a-day

PER SERVING 354 kcal • fat 12g • saturates 3g
• carbs 28g • sugars 7g • fibre 7g • protein 31g •

salt 0.9g

Posh egg, chips & beans

SERVES 4 **PREP 5 mins**
COOK 45 mins **EASY** 

4 large baking potatoes, cut into wedges
 2 tbsp olive oil
 1 onion, finely chopped
 1 tsp smoked paprika
 1 thyme sprig
 400g can chopped tomatoes
 2 x 400g cans cannellini beans
 4 eggs
 handful chopped flat-leaf parsley

■ Heat oven to 200C/180C fan/gas 6. Tip the potatoes into a large roasting tin and toss with 1 tbsp of the oil and

some seasoning. Bake for 45 mins-1 hr until crisp and golden, tossing them again halfway through.

■ Meanwhile, heat the remaining oil in a pan. Add the onion and cook for 10-15 mins until starting to soften, then add the paprika, thyme, chopped tomatoes and beans (including the liquid from the can) and stir well. Simmer for 15 mins, or until thickened, then discard the thyme sprig.

■ Fry or poach the eggs. Serve alongside the wedges and beans and garnish with the parsley.

GOOD TO KNOW healthy • low cal • fibre •

2 of 5-a-day • gluten free

PER SERVING 462 kcals • fat 16g • saturates 3g

• carbs 50g • sugars 7g • fibre 13g • protein 23g • salt 0.3g



Tahini, feta & honey toastie

SERVES 1 **PREP** 5 mins **COOK** 5 mins **EASY** **V**

Spread **a slice of bread** (sourdough works well for toasting) with a mix of **1 tbsp tahini** and **2 tsp honey**. Scatter over **50g feta** and **a few thyme leaves**, then top with **another slice of bread**. **Butter** the outsides and press **1 tsp sesame seeds** into each side. Fry in a hot pan, weighed down by another pan, for 2 mins on each side (or use a toastie maker), then drizzle with **honey**.

GOOD TO KNOW calcium • iron

PER SERVING 641 kcs • fat 41g • saturates 19g • carbs 47g

• sugars 14g • fibre 4g • protein 19g • salt 2.2g

4 ideas for

toasties

These super sarnies are great at any time of day

recipes CASSIE BEST *photograph* EMMA BOYNS

Tahini, feta & honey

Green chilli & mango toastie

SERVES 1 **PREP** 5 mins **COOK** 5 mins **EASY** **V**

Spread **a slice of bread** with **1 tbsp mango chutney**. Top with **½ sliced green jalapeño chilli**, **a few coriander leaves** and **1 tbsp finely chopped red onion**. Scatter over **50g grated cheddar** and top with **another slice of bread**, then **butter** the outsides of the sandwich. Cook in a hot pan, weighed down by another heavy pan, for 2-3 mins on each side until the outside is crisp and the cheese has melted. Alternatively, cook in a toastie maker.

GOOD TO KNOW calcium

PER SERVING 548 kcs • fat 33g • saturates 20g • carbs 43g • sugars 9g • fibre 2g

• protein 18g • salt 2.4g

Green chilli & mango

Gruyère, prosciutto & sage toastie

SERVES 1 **PREP** 5 mins **COOK** 5 mins **EASY** 

Spread **2 slices of bread** with a little **wholegrain mustard**. Top one slice with **50g grated gruyère** and **2 slices of prosciutto**. Sprinkle **2 finely chopped sage leaves** over the other slice, then sandwich together. **Butter** the outsides and cook in a hot frying pan, weighed down by another heavy pan, for 2-3 mins on each side until the outside is crisp and the cheese has melted. Alternatively, cook in a toastie maker.

GOOD TO KNOW calcium

PER SERVING 598 kcal • fat 38g • saturates 22g • carbs 35g • sugars 2g • fibre 2g • protein 28g • salt 3.9g

Gruyère, prosciutto & sage

Tomato & mozzarella toastie

SERVES 1 **PREP** 5 mins **COOK** 5 mins **EASY**

Spread **2 slices of bread** with **2 tbsp tomato pizza or pasta sauce**. Scatter **50g torn mozzarella** and **a few torn basil leaves** over one slice, then add any meat or veggies you like – **shredded chicken or ham, pepperoni, sweetcorn, onions or roasted peppers** all work well. Top with the other slice of bread, then **butter** the outsides of the sandwich. Cook in a hot pan, weighed down by another heavy pan, for 2-3 mins on each side until the outside is crisp and the cheese has melted. Alternatively, cook in a toastie maker. Top with **a few whole basil leaves** and serve.

GOOD TO KNOW calcium

PER SERVING 535 kcal • fat 31g • saturates 18g • carbs 37g • sugars 4g • fibre 2g • protein 26g • salt 3.2g

Tomato & mozzarella



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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



DIANA HENRY

Great ways with beans, p54



ONE FOR THE CAKE TIN

Chocolate sheet cake, p60



**FAMILY
BARBECUE, p47**



REDISCOVER THE MAGIC OF MANCHESTER

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FAMILY BARBECUE

Make the most of barbecue season and get the kids involved with the food prep next time you're putting the grill on it. They'll love it

recipes LULU GRIMES *photographs* WILL HEAP





Lemon & yogurt chicken flatbreads

SERVES 4 **PREP** 20 mins plus 1 hr marinating **COOK** 5-10 mins **EASY**

2 skinless chicken breasts, cut into strips	1 tbsp olive oil
1 lemon	4 flatbreads
1 tsp dried oregano (optional)	4 tbsp Greek yogurt
1 garlic clove, crushed	1/4 red pepper, finely chopped
pinch cinnamon	1 Little Gem lettuce, finely chopped

1 Put the chicken in a bowl. Pare strips of zest from the lemon using a vegetable peeler, then juice the lemon too. Add the peel and half the juice to the chicken, along with the oregano (if using), garlic, cinnamon and oil. Mix well, cover and chill for an hour. The lemon juice will start to 'cook' the chicken, so don't leave for longer.

2 Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the chicken strips onto a couple of metal skewers to stop them falling through the grate (you don't need to do this for the griddle), then grill for a couple of mins each side. The strips will cook through quickly so don't leave them too long. Season if you like.

3 Warm the flatbreads on the edge of the barbecue (or on the griddle) for a minute, then transfer them to plates and spread each with 1/2 tbsp yogurt. Divide the chicken strips between them, then dot on the remaining yogurt and sprinkle over the pepper and lettuce. Fold or roll the flatbreads to eat.

GOOD TO KNOW healthy • low cal

PER SERVING 364 kcs • fat 9g • saturates 4g • carbs 41g • sugars 5g • fibre 4g • protein 28g • salt 0.6g

Pineapple & pork skewers

You'll need eight small or four large skewers for these. Metal skewers with twists along the length are ideal, as they stop the ingredients sliding about. If you're using wooden skewers, soak them first.

SERVES 4 **PREP** 20 mins plus marinating **COOK** 5-10 mins **EASY**

400g pork fillet
4 tbsp light muscovado sugar
60ml cider vinegar
1 tsp fish sauce
1/2 small pineapple, peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)
1 green pepper, deseeded and cut into squares (optional)
4 spring onions, trimmed and cut into 4 equal lengths
small bunch coriander, chopped (optional)
cooked rice or pitta, to serve

1 Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.

2 Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the pork and pineapple onto the skewers, alternating pieces with the pepper and spring onion.

3 Barbecue or griddle the skewers for 3-4 mins each side (you may need to cook them for longer if griddling). Sprinkle with coriander, if you like, then serve with rice or slide into pitta breads.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free

PER SERVING 260 kcs • fat 7g • saturates 2g • carbs 26g • sugars 26g • fibre 2g • protein 23g • salt 0.4g







Tear-and-share cheese & garlic rolls

MAKES 20 **PREP** 40 mins plus at least
2 hrs proving **COOK** 40 mins **EASY** **V**

100g unsalted butter, softened
450g strong white bread flour
7g sachet fast-action dried yeast
1 tsp golden caster sugar
rapeseed oil, for the bowl and tray
2 tbsp polenta or cornmeal
1 garlic clove, grated
100g mozzarella, grated
50g cheddar, grated

1 Heat 280ml water in a saucepan for a minute until warm but not too hot to stick your finger in (don't burn yourself!). Remove from the heat, then add 50g butter. Combine the flour, yeast, sugar and 1 tsp salt in a large bowl or a tabletop mixer. Add the warm water and beat to make a soft dough. Knead for 10 mins by hand, or 5 mins in a mixer, until the dough feels stretchy and smooth. Tip into a clean, oiled bowl and cover with oiled cling film. Leave to rise for 1½-2 hrs, or until doubled in size.

2 Brush a large baking tray with oil and scatter over the polenta. Knock the air out of the dough. Pinch off small pieces (about the size of a walnut), then roll each piece into a ball and put on the baking tray. Leave a little space between each dough ball.

3 Heat oven to 180C/160C fan/gas 4. Cover the tray with oiled cling film, then prove for 30 mins-1 hr until the dough has doubled in size and the balls are touching. Mix the remaining butter with the garlic. When the rolls are ready to cook, brush the tops with the garlic butter and scatter with the cheeses. Bake for 25-30 mins until the dough balls are cooked through. Leave to cool for 5 mins, then serve.

PER SERVING 150 kcals • fat 6g • saturates 4g • carbs 18g • sugars 0.3g • fibre 1g • protein 5g • salt 0.3g



BBQ chorizo potato salad

SERVES 4 **PREP** 10 mins **COOK** 35 mins plus cooling **EASY** **V**

750g new potatoes, halved if large
4-6 large cooking chorizo (or
12 small ones)
150ml soured cream
3 tbsp mayonnaise
1 tsp Dijon mustard
1 celery stalk, finely diced (optional)
1 tbsp dill, very finely chopped

1 Put the potatoes in a pan of cold salted water and bring to the boil. Simmer for 15 mins or until tender and a knife goes in easily. Drain the potatoes and return to the pan, then stand for 5-10 mins to steam-dry. Cut them into bite-sized pieces, season with salt, cover and chill until cold.

2 Heat the barbecue (or heat a griddle pan if cooking indoors). Halve each large chorizo lengthways and put them, cut-side down, on the barbecue (small chorizo can go on whole). Cook, turning once or twice, until they are crisp around the edges and cooked through. Slice the chorizo into pieces.

3 Combine the soured cream, mayonnaise and mustard, then add to the cold potatoes with the celery and dill. Gently fold the potatoes into the dressing, taking care not to break up them too much. Scatter the chorizo on top to serve.

PER SERVING 597 kcals • fat 44g • saturates 13g • carbs 30g • sugars 5g • fibre 4g • protein 18g • salt 2.2g



Soy & butter salmon parcels

SERVES 4 **PREP** 20 mins
COOK 10 mins **EASY**

2 tbsp butter
4 x 100g skinless salmon fillets
2 tbsp low-salt soy sauce
1 tbsp honey
1 tbsp sesame seeds
2 sliced spring onions
For the cucumber salad
1 cucumber, finely sliced
few drops sesame oil

1 Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Cut four pieces of foil that will easily wrap a piece of salmon and lay them on the work surface. Spread a little butter onto the centre of each piece of foil to stop the salmon sticking. Lay the salmon on top. Mix the soy with the honey and divide it between the parcels, pouring it over the salmon. Dot any remaining butter on top and then fold the foil around the salmon tightly to make a parcel.

2 Put the parcels on the barbecue or griddle and cook for 5-10 mins. Check one parcel to see how it's getting along but be careful – it will be hot. Once the salmon is cooked, open the parcels and scatter some sesame and spring onion into each.

3 Mix the cucumber with a few drops of sesame oil and season with a little salt. Serve the salmon with the cucumber salad.

GOOD TO KNOW omega 3

PER SERVING 307 kcal • fat 22g • saturates 7g •
carbs 5g • sugars 5g • fibre 1g • protein 21g • salt 1.1g





Sweet potatoes with red pepper & halloumi

SERVES 4 **PREP** 15 mins **COOK** 40 mins **EASY** **V**

4 medium sweet potatoes
1 tbsp olive oil
8 mint leaves, finely chopped
225g halloumi, cut into 4 slices
4 fat strips grilled red pepper
butter (optional)
1 lemon, halved
small bunch parsley, chopped

1 Rub each potato with a little oil and salt, then wrap in a double layer of foil.
2 Pour the oil into a bowl and stir in the mint. Add the halloumi and toss until

well coated in the minty oil. Wrap each piece in a strip of pepper. Cut four lengths of foil about 1cm wide and wrap one around the middle of each parcel to hold them together. You could use skewers instead, but be careful not to split the cheese.

3 Heat the barbecue. When the coals glow red, put the potatoes directly on them. Cook for 30 mins, turning halfway. Unwrap a potato and check if it is cooked through. If not, rewrap and cook more, checking every 10 mins. Alternatively, bake in the oven at 200C/180C fan/gas 6 for 50 mins-1 hr.

4 Meanwhile cook the pepper parcels on the barbecue or a griddle pan for 3-4 mins each side or until the pepper chars and the cheese melts a bit. Remove from the grill and unwind the foil or remove the skewers. Split the potatoes, add butter if you like, then lay a parcel in the centre of each. Add a squeeze of lemon and scatter over some parsley to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 354 kcal • fat 18g • saturates 11g • carbs 29g • sugars 16g • fibre 5g • protein 17g • salt 2g

DIANA HENRY

GREAT WAYS WITH BEANS

Diana Henry transforms a storecupboard staple into three hearty new dishes

photographs SAM STOWELL

I'm never without tins of beans: haricot, cannellini, flageolet, borlotti – there are always a couple of cans of each in the cupboard. Cannellini are brilliant for that old summer standby, tossed with tinned tuna and red onions, though I also make a wintry version of this salad with canned borlotti beans, garlic, chopped anchovies, capers and loads of parsley (and chopped celery leaves if I have them). Beans are good, too, for throwing into stews towards the end of cooking time if you want to make the dish go further, not that they're just there as a filler. Their bland creaminess is gorgeous in its own right. Their skins break down easily and their interiors melt in your mouth. This muted softness is particularly good against ingredients that have plenty of oomph – such as anchovies, capers, bacon and chorizo – as, that way, you get a constant interplay of extremes (one of the best things, to my mind, about a good dish) as you eat.

What I hope I can persuade you of, though, is to cook your own beans, not to always rely on cans. They're a great storecupboard standby, but they're not beans at their best. We are capable of coaxing flavour out of cheap cuts of meat but not quite as keen to put the work into pulses. When I was testing a lamb dish recently, I made another big pot just of beans, mixing them with pancetta, lots of olive oil, softish tomatoes that were lying around in the fridge, diced carrots

and celery, some tomato purée, whole cloves of garlic, and rosemary from the bush outside the kitchen door. I started them on the hob and finished them off slowly in the oven, throwing some breadcrumbs in towards the end, then stirring them in once they'd browned. The crumbs acted as a thickener, and the resulting pot was so soft and sloppy and savoury that we ate them by the bowlful for the next few days. Beans from cans – because they're already cooked – don't take on the flavours of the ingredients you combine them with. But dried beans, which you soak and cook from scratch, are like sponges. They become imbued with all the ingredients around them – fat from pork, lamb or olive oil, herbs, spices, the sweet juices of tomatoes (slowly cooking alongside the beans until their flavour is intensified), and onions and herbs.

The other thing that happens is that the beans create a thick liquor – starchy, soothing cooking juices that cling to them. You do get this liquid in cans, but it never tastes as good. The flavour of the juices you create at home are the direct result of the other ingredients you put in the pot.

These cooked beans will make gorgeous gratins. If you've never layered beans up in a gratin dish with other vegetables, topped them with cream and baked them, you're missing out. Keep your cans. But do get some dried beans into your cupboard as well.




Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *How to Eat a Peach* (Dhs120, Mitchell Beazley).
@dianahenryfood





Black beans & rice with fried egg, avocado & pickled chillies

Black beans & rice with fried egg, avocado & pickled chillies

SERVES 4 **PREP** 20 mins
COOK 30 mins **EASY** 

200g long grain rice
groundnut or flavourless oil, plus extra for frying
350g tomatoes, chopped
3 garlic cloves, peeled and grated
6 spring onions, chopped
2 red chillies and 1 green chilli, halved, deseeded and chopped
½ tsp dried oregano
2 tsp ground cumin
400g can black beans, drained and rinsed
4 eggs
3 tbsp chopped coriander leaves
2 limes, juiced (or to taste – you might not need as much)
pickled chillies (you can buy them in jars), sliced avocado and soured cream (optional), to serve

1 Put the rice in a saucepan with some salt and cover with about 5cm water. Bring to the boil and keep boiling until the water has disappeared and the surface of the rice looks ‘pitted’, as if there are little holes all over it. Immediately turn the heat down to the lowest setting and cover the pan with a lid. Leave to cook for 15 mins. By this time, the rice should be tender.

2 In a large frying pan, heat 1 tbsp oil and cook the tomatoes over a medium heat for about 7 mins. Add the garlic, spring onions, chillies, oregano and cumin, season and cook for another 2 mins. Tip in the drained beans, stir them round and taste for seasoning.

3 Add the rice to the pan with the tomatoes, beans and some seasoning. Heat through, then cover. Quickly heat 2 tbsp oil in a frying pan and fry the eggs. Season.


4 Stir the coriander into the rice and bean mixture and squeeze over the lime juice. Serve the rice and beans with a fried egg on top alongside some pickled chillies, slices of avocado and a good dollop of soured cream, if you like.

GOOD TO KNOW healthy • low cal • fibre • vit c •

iron • 2 of 5-a-day

PER SERVING 474 kcals • fat 21g • saturates 4g •
carbs 51g • sugars 3g • fibre 7g • protein 17g • salt 0.6g

Breton braised lamb & haricot beans

SERVES 6 **PREP** 20 mins
plus overnight soaking
COOK 2 hrs 45 mins **EASY** 

250g haricot beans, soaked overnight and drained
2 large onions, 1 roughly chopped, 1 quartered
3 whole carrots, peeled, 1 halved lengthways, 2 diced
2 sticks celery, 1 halved, 1 diced
2 bay leaves
bunch of parsley, stalks and leaves separated, leaves chopped
6 black peppercorns
2 tbsp olive oil
1kg braising lamb (shoulder is good), cut into chunks
4 garlic cloves, finely chopped
400g can cherry tomatoes
1 tbsp tomato purée
400ml lamb or chicken stock

1 Put the beans in a saucepan and cover with water. Add the quartered onion, the halved carrot and halved celery, the bay leaves, parsley stalks and peppercorns. Bring to the boil, reduce the heat and simmer for 30–40 mins until the beans are soft. Drain well and reserve the cooking liquid, discarding the onion, carrot and celery.

2 While the beans are cooking, heat half the olive oil in a heavy-based flameproof casserole. Brown the lamb in batches over a high heat. As each batch is cooked, remove it and set aside on a plate. Reduce the heat, add the chopped onion to the pan with the diced celery and carrot and cook until well coloured. Add the garlic and cook for another couple of mins.

3 Return the lamb to the pan and add all the remaining ingredients, except the beans. Bring to the boil, reduce the heat to very low and cover, then cook for 2 hrs. Add the beans 45 mins before the end of cooking time. Stir the lamb round every so often. If the lamb looks dry, add some of the bean cooking liquid.

4 Remove the lid for the last 30 mins of cooking time, and season. This helps the cooking liquid to reduce. You should end up with a thick stew of tender lamb and soft beans. Scatter over the parsley and serve.

GOOD TO KNOW fibre • iron • 3 of 5-a-day

PER SERVING 621 kcals • fat 36g • saturates 15g •
carbs 28g • sugars 9g • fibre 13g • protein 39g •
salt 0.4g



Italian borlotti bean, pumpkin & farro soup

SERVES 6 **PREP 15 mins**
COOK 35 mins **EASY** **V** *****

4 tbsp extra virgin olive oil, plus extra to serve
 1 onion, finely chopped
 1 celery stick, cut into chunks
 750g pumpkin or squash, peeled, deseeded and cut into small chunks
 1 carrot, peeled and cut into chunks
 3 garlic cloves, chopped
 3 tbsp tomato purée
 1.2 litres chicken or vegetable stock
 75g farro or mixed grains (such as barley or spelt)
 50-80g parmesan rinds or vegetarian alternative (optional), plus a few shavings to serve
 400g can borlotti beans, drained
 2 handfuls baby spinach
 2 tbsp chopped parsley or 8 whole sage leaves

1 Heat the oil in a heavy-bottomed saucepan. Add the onion, celery, pumpkin or squash and carrot and cook until the vegetables have some colour. Add a splash of water and some seasoning, then cover the pan and let the vegetables cook over a very low heat for 5 mins.

2 Add the garlic and cook for another couple of mins, then add the tomato purée, stock, mixed grains, parmesan rinds, if using, and some seasoning. Simmer for about 15 mins (or until the grains are cooked), adding the beans for the final 5 mins. In the last few mins, add the spinach, then taste for seasoning.

3 If you want to use sage, fry the leaves whole in a little olive oil before adding to the soup.

If you prefer to use parsley, you can just add it directly to the soup. Serve with shavings of parmesan and a drizzle of extra virgin olive oil on top of each bowlful. Remove the parmesan rinds and serve.

GOOD TO KNOW healthy • low fat • low cal • fibre • 3 of 5-a-day
PER SERVING 258 kcals • fat 11g • saturates 3g • carbs 21g • sugars 6g • fibre 7g • protein 15g • salt 0.7g



INTRODUCING: THE ABU DHABI EDITION

EDITION Hotels brings its signature, iconic style to the UAE with the opening of The Abu Dhabi EDITION, an exclusive waterfront oasis offering three new, signature dining experiences created by world-renowned chef Tom Aikens

Representing the first EDITION to open in the Middle East, Abu Dhabi is a ground-breaking hotel concept brought to life by Ian Schrager, the visionary behind contemporary luxury as we know it, in collaboration with Marriott International.

Dining at The Abu Dhabi EDITION

Heightened dining experiences are fundamental to EDITION hotels and The Abu Dhabi EDITION is no exception, with three signature restaurants created by world renowned chef Tom Aikens, famed for being the youngest chef to ever have been awarded two Michelin stars.

Just off the lobby, guests will find **Market at EDITION**, an imaginative, healthy lifestyle restaurant open for breakfast, lunch and dinner. Its relaxed and interactive style and light, airy interior blurs the boundaries of traditional and al-fresco dining. As with the theatre of a street-food market, the magic of an open kitchen restaurant lets guests dine solo or interact with chefs as they create dishes live in the dining room. With a focus on healthy, no waste, farm-to-table cooking, each kitchen will make use of each ingredient to its entirety, alluded to in the design with floor-to-ceiling shelves dressed with fragrant pots of herbs and traditional copper kitchen accessories.

Embracing the needs and desires of a new kind of world-traveller that scours the globe for culinary excellence, The Abu Dhabi EDITION is also home to **Oak Room**, a traditional English oak-panelled restaurant, celebrating world-class ingredients with British rock 'n' roll flair. Quintessential, considered and modern, the generous menu at this new-age steak house encourages guests to indulge in the very best produce, free from formality and pretense but always thoughtful and precise. Uncomplicated in approach, the menu will consistently showcase signature British dishes. Here, theatre is not saved for the kitchen- it is

constantly on show, with a frosted glass-fronted butchery to enhance the diner's senses and assert the importance of the restaurant's quality produce. Private dining is also available at Oak Room, with a warm and intimate 10-person room available for group bookings.

Opposite the entrance to Oak Room, the secluded sophistication of **Library Bar** awaits; the ideal place for guests looking for a quieter more intimate place to socialize and enjoy post work drinks, entertaining or socializing pre-dinner.

Over on the Marina side of the hotel, Aikens has created a serene, coastal Mediterranean-style restaurant, **Alba Terrace**, that transcends day-to-night, offering the finest locally sourced coffee, light lunches and sharing plates to linger over whilst bathing in the natural sunlight that streams into the space through the folding floor-to-ceiling glass doors. Upon arrival to Alba Terrace, guests are greeted by a large brass clad aperitif bar. In the morning the scent of freshly squeezed citrus fills the air and as the day unfolds, small plates, light aperitivo and Mediterranean inspired cocktails encourage guests to relax and unwind. Host to vibrant, Provencal rosé brunches and pairing evenings, the bright ambience of Alba Terrace is a true reflection of the Mediterranean.

When the sun sets, the hotel's distinct, stand-alone social space comes to life. **ANNEX**, offers a unique, three-floor space to socialize. This societal gathering space allows guests to choose between a sophisticated al-fresco experience at the rooftop garden bar and a more refined social gathering space in the lounge on the floor below, a space that encourages friends to unwind with their favourite beverage and a game of pool or pinball. Meanwhile, the ground floor club offers an energetic ambience with live DJs and an experimental cocktail bar. Expect delectable Peruvian-inspired dishes along with curated beverages.

The Abu Dhabi EDITION

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ONE FOR THE CAKE TIN

Chocolate SHEET CAKE

Discover your new favourite chocolate cake,
perfect for birthday parties or bake sales

recipe CASSIE BEST photograph WILL HEAP

This American-style traybake is super-easy to make, can be prepared in advance and cuts into even portions. Decorate it however you like: top with a choice of sweets and nuts, scatter over chocolate shavings and colourful sprinkles, or use chocolate buttons to spell out a name.

SERVES 10 **PREP 15 mins**

COOK 30 mins **EASY**

V *un-iced only

For the chocolate sponge

185ml vegetable oil, plus extra for the tin

250g plain flour

80g cocoa powder

2½ tsp baking powder

1 tsp bicarbonate of soda

325g light brown soft sugar

250ml buttermilk

125ml strong coffee or espresso, (can be warm, but not hot)

2 tsp vanilla extract

2 large eggs

For the icing

150g salted butter, softened

200g icing sugar

4 tbsp cocoa powder

2 tbsp milk

sweets, sprinkles, chocolate shavings or nuts, to decorate

1 Heat oven to 180C/160C fan/gas 4. Oil and line the base and sides of a 33cm x 23cm roasting tin or cake tin with a lip of at least 2½ cm. Combine the flour, cocoa powder, baking powder, bicarb, sugar and a good pinch of salt in a large bowl. Rub any lumps of sugar between your fingers, shaking the bowl a few times to bring them to the surface.

2 Whisk the oil, buttermilk, coffee, vanilla and eggs in a jug, then pour the wet ingredients into the dry. Use a spatula to stir well, removing any pockets of flour. Pour the mixture into the lined tin and bake for 25-30 mins until a skewer inserted into the centre comes out clean. If any wet cake mixture clings to the skewer, return the cake to the oven for 5 mins, then check again. Once cooked, remove from the oven and leave to cool in the tin for at least 20 mins.

3 Meanwhile, make the icing. Melt the butter in a saucepan, then remove from the heat and stir in the icing sugar, cocoa powder and milk. The icing will be very runny but will thicken a little as it cools (if the icing has set too much before the cake has cooled, reheat it slightly to make it easier to pour).

4 Pour the icing over the cake and leave to set. Decorate with the sweets, sprinkles, chocolate shavings or nuts, then cut into squares and dig in.

PER SERVING 330 kJ • fat 18g • saturates 6g
• carbs 37g • sugars 26g • fibre 2g • protein 4g
• salt 0.5g

“

Decorate this American-style traybake however you like: top with a choice of sweets, scatter over colourful sprinkles or use chocolate buttons to spell out a name

”



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health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



PowerCycle opens in JLT, Dubai

Introducing the methodology of high-performance training harmoniously intertwined with a sense of community, PowerCycle, an indoor cycling and fitness studio has set up shop in JBC 5 Building, Cluster W, Jumeirah Lake Towers.

Born in Brazil, PowerCycle will offer various training models, led by 6 qualified instructors, including indoor cycling or aptly termed power bike, which is a combination of physical awareness and result orientation and encourages riders to add the 'power' element, and, wattbike which simulates outdoor training. The studio also offers ballet fitness, created by Brazilian-born ballerina, Betina Dantas, that uses classical ballet exercise and physical conditioning with mass muscle gain. It is a unique, high-calorie-burning practice, that mixes several exercises, making it perfect for people that do not like weightlifting and aims to strengthen muscles, improve posture, balance, respiration, and flexibility.

The studio, which houses an energetic atmosphere and innovative training methodology developed through science and in-house physical assessments, is the first of its kind in the city to also offer the 'World's Smartest Workout', TACFIT®, which is a strategically precise fitness system designed to provide fast recovery from exercise intensity. Each element of the 26 workouts under this training style is deliberately investigated and implemented as an integrated, holistic system of human optimization.

For more information on PowerCycle and classes, visit www.powercycle.ae or call +971 4 294 4989.

Kcal's latest health-driven dishes

Kcal, the homegrown healthy food concept, has revealed the arrival of its new dishes. The refreshed menu includes a variety of additions, from sushi rolls to poke bowls, a vegan shepherd's pie and gluten free desserts. These new items are available throughout the UAE when dining at any of Kcal's restaurants or for delivery to the home and office.

Designed by a team of nutrition experts, led by Lauren Jacobsen, the new menu consists of a selection of vegan, gluten-free, high-protein and high-fiber alternatives to choose from. Diners can opt for the 'super green & tahini soup', a wholesome blend of hearty greens with a Middle Eastern twist or try the revolutionised chicken tenders. There's also Kcal's first ever poke bowl, the 'salmon poke bowl'. Packed with superfoods, the dish consists of caramelised teriyaki salmon, veggies and mixed quinoa, making it rich in protein and the perfect midday meal. In addition to this the healthy food concept is bringing other substantial bowls to its offering including the 'chili con carne bowl', perfect for spicy food lovers and the 'steak fajita bowl', an ideal choice for meat eaters. The new menu also features great vegan options, as well as a new range of shakes and desserts.

The new menu will be available in all Kcal restaurants all over UAE for dine in, take away and delivery. Visit kcallife.com.



FREE FROM TREATS

The Snack Society's new Energy Balls



The Snack Society has launched a brand-new range of delicious and nutritious Energy Balls. Free from gluten, dairy, eggs and refined sugar, the energy balls are made with all-natural ingredients and no added

protein powder or preservatives. Created from a base of nuts and dates crushed into a crumbly and velvety texture, the Energy Balls are available in five different flavours, which are sold in ideal on-the-go tubs that include four balls each. Flavours include Almond & Cacao (Dhs15), Pistachio & Date (Dhs18), Hazelnut & Cacao (Dhs18), Peanut Butter & Oats (Dhs15), Cashew & Raisin (Dhs15). A variety pack can also be purchased for Dhs73. The range of products can be ordered on thesnacksociety.com and delivered all over the UAE. They will soon be available in retail stores across the UAE – stay tuned.

WELLNESS TRAVEL:

The Farm at San Benito, Philippines

Here's why this eco-luxury holistic medical wellness resort should be high on your travel bucket list.

If wellness is at the top of your travel criteria list when planning a getaway, look no further than The Farm at San Benito, Philippines – an eco-luxury holistic medical wellness resort located in Lipa, Batangas, a 90-minute drive south of Manila, Philippines.

Since it opened in 2002, the resort's team of certified medical and wellness experts has pioneered the concept of integrated holistic medical wellness, drawing the ancient teachings of the East and West with scientifically proven results. The Farm offers a diverse range of tailored medical, preventative, regenerative healing and recovery programmes – curated by a team of licensed medical professionals, spa therapists, nutritionists and living food experts, fitness coaches and yoga teachers.

Guests visit for a large number of reasons – from wellbeing and rejuvenation to deeper health issues. The Farm specialises in preventing and addressing some of the most alarming and prevalent lifestyle illnesses in today's society through detoxification, weight management, diabetes prevention, heart health, and stress and pain management, among others. Indeed, recent collaborations with CIGNA Health Care and European Wellness recognize The Farm as an authority in this field. Rather than being a clinical medical resort, The Farm is very much a holiday for health in mind. Set within 48 hectares of lush green jungle and featuring 33 exclusive suites and villas, The Farm offers a nurturing environment and heartfelt service, which is rooted to the Philippines culture.

The Farm believes that being human means being truly alive and that whole-food and plant-based eating is the way to truly live, as the human body is designed to experience daily nourishment through nature. The Farm is home to one of Asia's first and finest restaurants offering vegan cuisine as well as Alive! Restaurant, which serves delicious raw food, the majority of which is grown on-property. The resort also offers bespoke transition diets and nourishing juice cleanses for guests seeking to enhance their healing experience. In addition to serving healing foods, The Farm uses their 2,000+ coconut trees to produce their own sustainable virgin coconut oil. This is used as the base for all their bathroom amenities, in various spa treatments, in the kitchens and even in their non-toxic cleaning materials.

Room only rates at The Farm start from USD\$ 342 in a Palmera Suite. Various packages are also available and all-inclusive, 'Life-Changing Holidays' start from USD \$436++ per person per night based on double occupancy and from USD \$524++ per person per night based on single occupancy. For more information, visit thefarmatsanbenito.com or e-mail info@thefarm.com.ph.



New vegan menu at Bistrot Bagatelle

Bistrot Bagatelle located inside Fairmont Dubai has launched a meat free menu that will delight even the most discerning of palates. Highlights on the new vegan menu include, the 'Salade Bagatelle', a beautifully simple medley of butter-leaf, fine herbs and house vinaigrette, the 'Pizza aux

Champignons', is topped with a mix of roasted garlic and wild mushroom, while the 'Pizza aux Legumes', is bedecked with sundried tomatoes, seasonal vegetables and salsa verde.

Leading onto Plats Principaux, diners will be treated to robust dishes that marry exceptional flavours and Bagatelle's trademark culinary style. 'Poule des Bois Roti', sees ultra-succulent Jospier-roasted maitake mushrooms lavished on a bed of olive oil mash, lemon confit and herb dressing. 'Le Potager' is another hearty and delicious dish – grilled seasonal vegetables atop toasted sourdough bread with piperade sauce. Plus, much more. For reservations, call +971 4 354 5035 or e-mail reservation@bistrotbagatelledubai.com.





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Tried & Tasted

Eat Well Restaurant

We visit Eat Well Restaurant at Dubai Herbal & Treatment Centre to discover its health-driven lunchtime menu offering.

Reviewed by **Sophie Voelzing**

Where?

Eat Well Restaurant, Dubai Herbal & Treatment Centre

When? Lunch

What's it like? Tucked away on the upper floor of Dubai Herbal & Treatment Centre, Eat Well Restaurant is truly a hidden gem for health-driven diners.

Wellness is at the core of everything served at Eat Well, and while many healthy eating venues across the city fall short when it comes to delivering nutritional food that's also packed with flavour and tempting to the eye, Eat Well certainly does not.

All meals prepared at Eat Well are specially designed by the restaurant's Wellness Chef, who tries and tests dishes again and again till flavour combinations are perfected using only the most nutrient-rich ingredients that are organic, seasonal and from locally-sourced responsible suppliers. Most of the dishes served are gluten and dairy free, plus free from refined sugars.

The team is also able to personalise meals and meal plans to cater to paleo, vegetarian and vegan diet requirements, plus any other intolerances or allergies a diner may have.

What are the food highlights?

Although we're here to check out the lunchtime offering, Eat Well is also open for breakfast, lunch, dinner and Friday brunch, with a special vegan menu and



specials board to accompany. The restaurant also creates tailor-made meal plans that are delivered daily to homes and offices, to help its customers stay on track.

Our experience begins with starter highlights of vegan tartare, made up of tiny cubes of watermelon and tomato mixed together, on a bed of avocado perfectly marinated with a touch of mustard, aged balsamic and parsley oil. This dish really impressed and surprised me with how good it was, as did the 'bang bang shrimps', which came lightly battered and served in lettuce cups and seasoned with honey mayo, pepper ketchup sauce.

For mains, we devoured the perfectly cooked oven-baked salmon with beetroot puree, red pepper coulis, carrots, asparagus and Brussel sprouts. The dish packed so much flavour and the salmon was tender, juicy and beautifully seared. The corn and chicken with avocado salsa was also a great dish, served with a corn puree made up of coconut cream and corn, simply blended and seasoned to finish the dish off superbly.

For dessert, there's a fantastic range of indulgent options that come without the guilt – who ever said you can't have your cake and eat it too? The sweet potato brownie and beetroot ice cream stole the



show with its deep chocolaty flavours perfectly married with the sweetness of beetroot ice cream.

To accompany lunch, a generous drinks menu offers refreshing beverages such as herbal infusions, water infusions (the immune boosting blend is lovely with pineapple, strawberry and orange), juices, smoothies, health shots and herbal teas and coffees.

How was the service? Service is fantastic at Eat Well. Expect professionalism, attention to detail and service with a smile.

The bottom line: Eat Well is a great place to enjoy highly-nutritious food that doesn't lack in flavour. My dining partner and I could hardly believe that what we were eating was 'healthy', as it was so good. It's a great spot for a post-gym bite, a healthy meal or to head to discuss a weekly or monthly meal plan.

Each week, the venue also hosts a healthy brunch on Fridays from 11.30am to 3.30pm, which is perfect for the whole family – there's even a dedicated children's room with professional caretakers to keep the little ones entertained.

Want to go? For more information or to make a reservation, call 054 476 6326 or e-mail info@dubaieatwell.com.



healthy

seasonal salads

These wholesome and hearty salads make the most of seasonal ingredients and are kind to your wallet, too

recipes SOPHIE GODWIN *photographs* ROB STREETER

Harissa trout, beetroot & grapefruit salad with whipped feta



Grilled chicken & kale Caesar

Sesame parsnip & wild rice tabbouleh



Harissa trout, beetroot & grapefruit salad with whipped feta



SERVES 2 **PREP** 20 mins
COOK 45 mins **EASY**

300g raw beetroot, scrubbed, skin left on
30g feta
2 tbsp 0% fat natural yogurt
1 lemon, zested and juiced
2 tbsp quinoa (optional)
1 pink grapefruit
1 tbsp extra virgin olive oil
1 tbsp harissa
2 trout fillets
2 red chicory, separated into leaves
½ small pack dill, leaves picked

1 Bring a saucepan of water to the boil. Season the water, drop in the beetroot and cover the pan with a lid. Cook for 30-45 mins, depending on their size, until a cutlery knife can be easily inserted into them.
2 Meanwhile, heat oven to 200C/180C fan/gas 6. Put the feta in a bowl and mash with a fork, then beat in the yogurt and season with the lemon juice and zest to taste. In a dry frying pan, toast the quinoa, if using, until it pops. Set both aside.
3 Segment the grapefruit over a bowl to catch the juices, squeezing out as much as possible. Put the segments to one side, then whisk the olive oil with the juice. Season to taste with lemon juice, salt and pepper. You want it to be really tangy, as all the acidity will be absorbed by the beets.
4 Rub the harissa over the trout, season, then roast in the oven for 8-10 mins until just cooked.
5 Drain the beetroot. Once cool enough to handle, peel off the skin – it should come away easily. Cut into segments, then put onto a salad plate along with the chicory leaves. Pour the dressing over the warm beets and toss together. Nestle in the grapefruit segments, trout, harissa and dill, then add dollops of the feta and scatter over the toasted quinoa, if using.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • omega-3 • 3 of 5-a-day • gluten free
PER SERVING 473 kcals • fat 19g • saturates 5g • carbs 28g • sugars 22g • fibre 8g • protein 43g • salt 1.4g

Chargrilled chicken & kale Caesar



SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY**

1 anchovy
1 garlic clove
1 tsp Dijon mustard
100ml buttermilk
1 lemon, zested and juiced
200g bag kale, large tough stalks removed
200g defrosted frozen peas
6 skinless and boneless chicken thighs
2 thick slices crusty bread
3 tbsp cold pressed rapeseed oil
400g Tenderstem broccoli, cut in half lengthways
30g parmesan

1 Mash the anchovy and garlic together using a pestle and mortar, then tip the mixture into a bowl and whisk in the mustard, buttermilk, lemon zest and juice, and season with black pepper. Put the kale and peas in a large bowl, pour over ¾ of the dressing, then massage into the kale so each leaf is coated.
2 Put the chicken thighs between two pieces of baking parchment, then bash out with a rolling pin to 1cm thickness.
3 Heat a griddle pan until searing hot. Brush the bread slices with a little oil, then griddle until lightly charred on all sides. Set aside.
4 Next, season the broccoli and brush the cut side of each piece with a little oil. Griddle, cut-side down, in batches for 3-4 mins until tender. Lastly, brush the remaining oil over the chicken thighs and season, then griddle the chicken for 3-4 mins on each side until cooked through.
5 Distribute the kale between four plates. Slice the chicken diagonally and break the bread into pieces. Top each of the plates with ¼ of the chicken, broccoli and croutons. Grate over the parmesan in large shavings and drizzle with the remaining dressing to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • vit c • fibre • 3 of 5-a-day
PER SERVING 399 kcals • fat 20g • saturates 4g • carbs 21g • sugars 6g • fibre 7g • protein 31g • salt 0.7g

Sesame parsnip & wild rice tabbouleh



SERVES 3 **PREP** 10 mins
COOK 45 mins **EASY** **V**

500g (5 medium) parsnips, peeled and cut into thumb-sized pieces
2½ tbsp cold pressed rapeseed oil
1 tsp ground turmeric
2 tsp ground coriander
2 tbsp sesame seeds
130g wild rice
2 red onions, sliced
2 tbsp white wine vinegar
3 tbsp tahini
1 small pack mint, leaves roughly chopped
1 small pack coriander, roughly chopped
2 tbsp pomegranate seeds

1 Heat oven to 200C/180C fan/gas 6. Toss the parsnips in 1½ tbsp of the oil, the turmeric, coriander and some seasoning, then sprinkle over the sesame seeds so each piece is well coated. Roast in the oven for 30 mins until tender.
2 Meanwhile, cook the wild rice following pack instructions. Heat the remaining 1 tbsp oil in a separate pan, then add the sliced onion with 3 tbsp water. Cook for 10-15 mins, stirring occasionally until completely soft. Turn up the heat, add 1 tbsp of the vinegar and cook for a few mins until bright pink.
3 Whisk the tahini with the remaining vinegar and enough warm water to make a creamy, dressing. Season to taste.
4 Drain the wild rice, then mix through the onions and ¾ of the chopped herbs. Distribute between three plates, then top with the sesame parsnips, pomegranate seeds and the remaining herbs. Serve with the tahini dressing drizzled over.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 555 kcals • fat 24g • saturates 3g • carbs 61g • sugars 16g • fibre 16g • protein 15g • salt 0.1g



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Pistachio of Molos Fthiotidas P.D.O. • Extra Virgin Olive Oil (Zante
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comfort food

vegan batch cooking

Transforming a ragu into different meals is an age-old trick to reinvent leftovers, and this one is simple, plant-based and nutritious

recipes SOPHIE GODWIN photography ROB STREETER

your base recipe

Vegan ragu



SERVES 6 PREP 20 mins COOK 1 hr EASY V*

30g dried porcini mushrooms	100ml vegan red wine (optional)
3 tbsp olive oil	250g dried green lentils
1 onion, finely chopped	2 x 400g cans plum tomatoes
2 carrots, finely chopped	250g pack chestnut mushrooms, sliced
2 celery sticks, finely chopped	250g pack portobello mushrooms, sliced
4 garlic cloves, sliced	1 tsp soy sauce
few thyme sprigs	1 tsp Marmite
1 tsp tomato purée	

1 Pour 800ml boiling water over the dried porcini and set aside for 10 mins. Meanwhile, pour 1½ tbsp oil into a large pan and gently cook the onion, carrot, celery and a pinch of salt, stirring for 10 mins, until soft. Remove the porcini and roughly chop. Set aside with the liquid.

2 Add the garlic and thyme. Cook for 1 min, then stir in the purée and cook for 1 min. Pour in the wine. Cook until reduced, then add the lentils, mushroom stock and tomatoes. Bring to the boil, then reduce and simmer with a lid on.

3 Meanwhile, heat a large frying pan. Add the 1½ tbsp oil, then tip in all of the mushrooms. Fry until the water has evaporated and the mushrooms are golden. Pour in the soy and stir, then add the mushrooms to the lentil pan.

4 Stir in the Marmite. Cook over a medium heat for 30–45 mins, stirring occasionally, until the lentils are cooked. Remove the thyme and season.

GOOD TO KNOW vegan • healthy • low fat • low cal • folate • fibre • iron • 4 of 5-a-day

PER SERVING 268 kcals • fat 7g • saturates 1g • carbs 30g • sugars 10g • fibre 9g • protein 14g • salt 0.5g

recipe 1

Vegan lasagne



SERVES 2 PREP 5 mins COOK 40 mins EASY V

1 tbsp olive oil
2 tbsp plain flour
300ml soya milk
nutmeg, for grating
2 x portions vegan ragu (see left)
4 lasagne sheets
1 tbsp nutritional yeast (optional)
green salad, to serve

1 Heat oven to 180C/160C fan/gas 4. Heat the oil in a pan, whisk in

the flour and cook for 2 mins. Slowly whisk in the soya milk and cook until you have a creamy white sauce, about 5 mins. Season to taste, adding a grating of nutmeg.

2 Spoon a third of the ragu into an ovenproof dish, then top with 2 lasagne sheets followed by a third of the white sauce and a third of the ragu. Top with the remaining lasagne sheets and ragu, then spread over the rest of the white sauce. Sprinkle over the nutritional yeast, if using. Bake for 35 mins until cooked through. Serve with salad.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • iron • 4 of 5-a-day

PER SERVING 530 kcals • fat 16g • saturates 3g • carbs 60g • sugars 11g • fibre 13g • protein 26g • salt 0.5g



Shoot director RACHEL BAYLY | Food stylist SOPHIE GODWIN



recipe 2

Vegan Bolognese



SERVES 2 COOK 10 mins EASY V

180g spaghetti
2 x portions vegan ragu
(see recipe, left)
handful fresh basil leaves

Cook the spaghetti in a large pan of salted water for 1 min less than pack instructions. Reheat the ragu. Drain the pasta, reserving a ladleful of water, then toss the spaghetti in the sauce, using a little liquid to loosen the ragu slightly. Serve topped with fresh basil and some black pepper.

GOOD TO KNOW vegan • healthy • low fat • folate • fibre • 4 of 5-a-day

PER SERVING 599 kcal • fat 8g • saturates 1g • carbs 97g • sugars 12g • fibre 13g • protein 25g • salt 0.3g

recipe 3

Vegan moussaka



**SERVES 2 PREP 5 mins
COOK 45 mins EASY V**

350g potatoes, peeled and chopped
2 tbsp olive oil
½ tsp dried oregano
1 aubergine, thinly sliced lengthways
50ml soya milk
2 x portions vegan ragu
(see recipe, left)

1 Heat oven to 180C/160C fan/gas 4. Boil the potatoes in a pan of salted water for 8-10 mins.
2 Meanwhile, mix the oil with the oregano. Brush it over the aubergine and sprinkle with sea salt. Heat a griddle pan over a medium heat and cook for 3 mins on each side.
3 Drain and mash the potatoes with the soya milk, then season to taste.
4 Spoon the ragu into an ovenproof dish and layer in ½ the aubergine, followed by the mash. Brush over the remaining oregano oil, then top with the remaining aubergine. Bake for 25 mins until golden.

GOOD TO KNOW vegan • healthy • folate • fibre • iron • 5 of 5-a-day

PER SERVING 533 kcal • fat 19g • saturates 3g • carbs 60g • sugars 15g • fibre 16g • protein 19g • salt 0.3g



For more vegan recipes, visit bbcgoodfoodme.com/healthy-vegan



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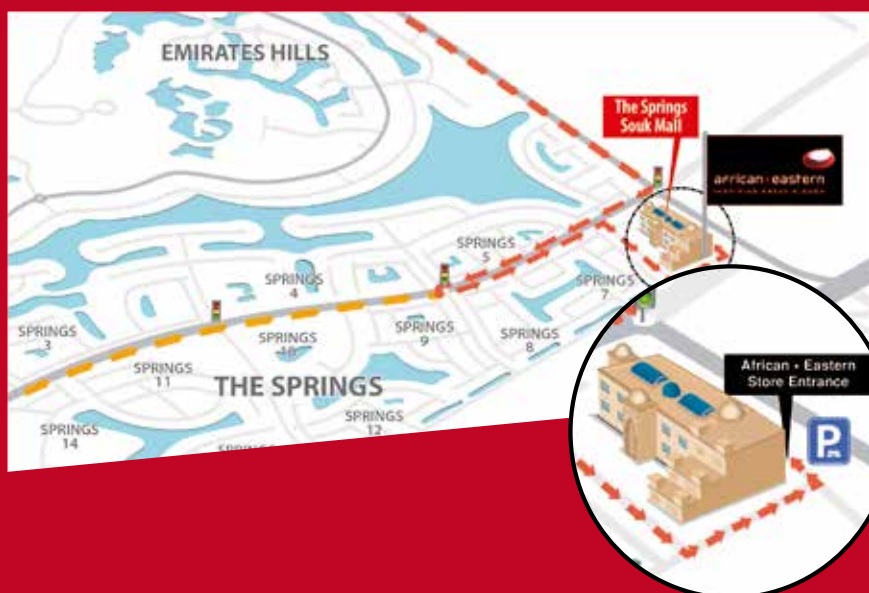


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GOURMET LIFESTYLE

*BLISSFUL
BALL, p76*



EVENT PREVIEW
Taste of Dubai 2019, p82

A full-page photograph of a beach at sunset. In the foreground, a wooden dining table is set with two place settings, each featuring a blue and white striped napkin, a glass, and a bottle. A small vase with a sunflower sits on the table. Two wooden chairs with blue cushions are positioned around the table. The background shows a calm sea with gentle waves under a sky filled with soft, orange and yellow clouds. A tree branch with green leaves hangs from the top right corner, and a large, round, yellow object, possibly a lantern or a fruit, is visible in the upper right.

BLISSFUL BALI

We travel Bali to discover authentic Indonesian cuisine at
The Seminyak Beach Resort & Spa



Full of intense, vibrant and complex flavours, Indonesian food embodies the wide cultural diversity found across the country's archipelago of 6,000 populated islands.

Of those islands, Bali – AKA the 'Island of Gods' – in particular has become a hotspot of late for travellers seeking colourful cuisine made using locally-grown, nutrient-rich ingredients, immersive cultural experiences, breathtaking sunsets, resorts dedicated to health and wellness, all paired with warm and welcoming hospitality.

In recent years, Bali's food scene has seen an influx of cool cafés, street food stalls (known as warungs), hipster bars, dreamy beach clubs and fine dining restaurants that have attracted worldwide attention from top-tier chefs and TV shows like Netflix's *Chef's Table* which showcased Chef Will Goldfarb's restaurant, Room 4 Dessert in Ubud (room4dessert.com).

Cooking styles around the island draw influence from early Chinese, Indian, Arabic and Dutch traders and settlers, which is what makes the local cuisine so intense. With many warungs located around Bali, traditional dishes like rendang, nasi goreng and satay can be found on most street corners being sold from the back of push bikes or makeshift stalls – making real Balinese flavours easily accessible to visitors at a low cost.

Bali is a fantastic destination for food travellers, and during our recent visit to the Seminyak area of the island, we visited The Seminyak Resort & Spa to learn more of the local traditions and culinary options on offer.

Where to stay

The Seminyak Beach Resort & Spa (theseminyak.com) is a gorgeous beachfront property, ideally located in close proximity to restaurants, bars and shops in Seminyak. Nestled within lushly green gardens, The Seminyak is a privately owned, independent property where true Balinese hospitality and personalised experiences are offered.

Positioned right on the beachfront, The Seminyak offers the best of both worlds – with the opportunity to relax in peaceful surroundings within the resort and on-site spa, but also to enjoy lively neighbouring beach clubs and restaurants.

The property offers a range of room categories, including those with garden or ocean views, plus luxurious villas with private pools, which are perfect for couples or families looking for privacy and a more intimate experience.

GETTING THERE

Emirates Airlines has daily direct flights from Dubai International Airport into Denpasar Airport. The Seminyak Beach Resort & Spa offers chauffeur-driven pick-up and drop-off services to and from the airport, which take approximately 40-minutes one-way.

5 BALINESE DISHES TO TRY

Nasi goreng (Indonesian stir-fried rice) – This fragrant rice dish with chicken, prawns and shredded omelette is the ultimate comfort food for spice lovers.

Betutu – Made using either a whole chicken or duck as the main ingredient, Betutu is created when the meat is stuffed with a mixture of ingredients like shallots, garlic, ginger, chili, peanuts, and more. It's then baked or steamed over a minimum of eight-hours to create tender, flavoursome meat.

Sate (satay) – Sate is marinated skewers made up of grilled meats, fish or vegetables, served with spicy sauce. Sate is cooked using diced or sliced chicken, goat, mutton, beef, pork, fish, tofu, eggs or minced blends.

Lawar – This dish is made with finely chopped veggies and grated coconut bits mixed with minced meat. There are two main varieties of Lawar – red and white. The red includes the addition of animal blood, whereas the white lawar usually includes coconut milk and jackfruit. Street stalls serve this dish wrapped in banana leaf.

Laklak – For dessert or a snack, these little Balinese sweet tea cakes are made out of rice flour and cooked over fire, making them crispy on the outside and soft on the inside.



Inside, the resort and rooms are tastefully decorated and draw inspiration from the natural surroundings, with beautiful airy spaces filled with greenery, hand-carved dark wood furnishings and an inviting neutral colour palette.

Through the garden to the infinity pool, is the best spot to watch direct views of the sunset over the ocean where sundowners are served – the perfect place to unwind and watch the world go by.

Dining at The Seminyak

On-resort, The Seminyak offers a great range of F&B outlets that serve varied cuisines to cater to all tastes and dietary requirements. Whether you're looking to celebrate a special occasion over a romantic candlelit dinner on the beach, a traditional Balinese feast, or a fancy fine dining experience, the hotel's culinary options ensure all guests are happy.

Enjoy lazy lunches or a sunset dinner at Sanje Restaurant & Lounge, which serves Mediterranean fare with sweeping views of the Indian Ocean. Freshly caught seafood and fish is the star of the show at Sanje, sourced from Bali's local fisherman. Expect perfectly grilled fish dishes served with zesty

salads, Italian pizzas and pastas, grilled meats and poultry, plus a fantastic selection of starters and desserts here. Or for cuisines of the world, head to Santan Restaurant, the resort's all-day dining outlet for breakfast, lunch, afternoon tea or dinner.

Each week, an exceptional Balinese evening with traditional entertainment and authentic Balinese cuisine takes place on the property's lawn. Set up to resemble a classic market, the buffet features a generous selection of soups, salads, curries, grills, rice dishes and desserts. Bali's most renowned dishes are made rich by the heavy use of local herbs and spices, making this an evening packed with intense flavours. During dinner, fascinating dances take place – all of which tell a tale, like the 'charming legong dance', which is an alluring royal court performance and a delight to watch.

For an evening to remember, the private dining options at The Seminyak are well worth trying. Set in beautiful, secluded spaces such as the beachfront pavilion (also available for weddings) or from the comfort of your villa's terrace, the resort's team of chefs prepare set menus tailored to a diner's preference. Options on offer include scallops with



olive oil hollandaise and zucchini, beautifully seared veal loin rolled with bacon and topped with shallot confit and thyme jus, or grilled lamb rack with mint sauce and silky potatoes, and more.

Klass & Brass is another dining option available on-resort that taps into a 1920's vibe. It's a venue where you can dress up and relax to the sounds of live jazz, tasting menus and expertly crafted cocktails.

At the Klass & Brass private dining room, a new experience was recently launched for intimate groups looking to enjoy an authentic gastronomic evening. Known as a 'Rijsttafel' feast, the exclusive offering allows guests to enjoy homecooked specialties from around the Indonesian archipelago. Each dish features an elaborate blend of fresh ingredients, intricate flavours and aromatic spices accomplished by the culinary team with an extraordinary dedication to preparation and cookery. Only premium local ingredients are utilised, there are no artificial



flavourings or additives; sauces are freshly made and spices are ground by hand.

The Seminyak Resort's Indonesian Rijsttafel celebration presents a generous assortment of 12 different dishes, spread across the table in appreciation of the many different specialties of the far-flung Indonesian islands. Dating back to Indonesia's Dutch colonial times, the name 'Rijsttafel' literally translates to 'rice table' in the Dutch language. During



their presence in Indonesia, the Dutch introduced the flamboyant rice table meal not only so that they could enjoy a wide array of dishes at a single setting but also to impress visitors with the exotic abundance of their colony.

Dishes served during the celebration include fragrant steamed yellow rice or organic red rice accompanied by an assortment of different meat, fish and vegetable dishes presented in small bowls together with the crispy crackers known as 'Kerupuk', the pickled vegetables known as 'acar,' and a collection of hot fresh chilli and onion sambals and spicy sauces. Dishes include 'Rendang Sapi', which is a famous Sumatran delicacy created from succulent chunks of beef stewed in coconut cream and spices. The 'Ikan Tuna Sambal Matah' is seared tuna with a sambal of shallots, lemongrass and coconut oil, while 'Ayam Betutu' is chicken stuffed and basted with local herbs and spices before being

“Bali’s food scene has seen an influx of cool cafés, street food stalls, hipster bars, dreamy beach clubs and fine dining restaurants recently”



5 things to do in Bali

GO SURFING – You'll find huts to rent surf boards or take lessons on most beaches in Bali; the surf is fantastic.

TAKE A COOKING CLASS

– With so many beautiful ingredients grown locally, many restaurants offer introductory Balinese cooking classes.

GO WHITE WATER RAFTING

– If you're an adrenaline junkie, Bali's white water rafting experiences are not to be missed.

HIKE MOUNT BATUR – It'll require a super early morning start, but watching sunrise at the peak of Mount Batur is a once-in-a-lifetime experience.

VISIT A TEMPLE – For a cultural day out, visit one of Bali's many temples. Be sure to dress respectfully with your shoulders and knees covered. Long-haired people must also wear their hair up.

wrapped in banana leaves and cooked in an earth-oven. Another classic is the duck dumplings called Ares Bebek, and the ever-popular 'Martabak' – crispy fried pastries filled with chicken, spring onion and Indonesian spices. 'Sate Lilit' is a serving of small kebabs of spiced, minced mahi mahi fish with an infusion of lemongrass and Balinese spices. 'Sambal Udang' is a spicy red curry with prawns; 'Perkedel Jagung' is a sweet-corn fritter; and 'Urap Pakis' is a dish of steamed fern leaves with coconut, chilli and lemongrass. The meal is completed with 'Klepon' – small rice dumplings, each with a liquid palm sugar centre that explodes in the mouth, accompanied by coconut ice cream.

To book this experience, reservations should be made 24-hours in advance and be for a minimum of eight guests.

"Our vision is to maintain the heritage of the country's cultural diversity and we are delighted to be able to converge and offer a truly authentic Indonesian experience to both in-house and outside guests. Our private dining room at Klass & Brass is a wonderful venue for private celebrations, and what better way to celebrate than with a veritable feast of local dishes," commented the resort's General Manager, Michael Luible.

Discovering Bali

Whether you want to relax or explore, Bali caters to all. To relax, there's countless yoga retreats and spas – you won't be able to believe just how cheap massages are there, it's absolutely brilliant. There are also numerous ways to get active, like going surfing or white water rafting, or for a more cultural experience, a visit to one of Bali's many



sacred temples is not to be missed – not are the awe-inducing waterfall sites.

Bali is definitely one to add to your travel bucket list. It's a vibrant, stunningly colourful destination, that's well worth a visit (or visits). With so much to do, see and most importantly, eat, a gourmet getaway married with true Balinese hospitality and a myriad of culinary pleasures, is sure to have you returning back to Bali over and over again.

STAY

The Seminyak Beach Resort & Spa
Call: +62 361 730814
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Website: theseminyak.com

TRY AT HOME

Experience a taste of Bali at home with these traditional recipes from The Seminyak Beach Resort & Spa



APPETISER

Lawar Kacang

80g long bean
10ml kalas paste
15ml coconut milk
5g fried shallots
3g fried garlic
25ml coconut oil
5g grated coconut
1g fried hot chilli
FOR THE KALAS PASTE
20g Balinese paste
40ml coconut milk
2g salt and pepper

1 Cut long beans into small cubes and blanch for 1 minute, strain well, place on a bowl.

2 Mix the coconut oil, grated coconut, fried hot chilli with kalas paste, salt and pepper to taste.

3 Mix the blanched long beans with the rest of ingredients. Sprinkle with fried shallots and fried garlic.

MAIN

Be Pasi Mepanggang with Sambal Matah

FOR THE SAMBAL MATAH

10g sliced shallot
10g sliced lemongrass
1 pc kaffir lime juice
2 gr shrimp paste
1g salt pepper
3tsp virgin coconut oil

1 Season shallot, lemon grass with salt n pepper mix until soft.

2 Add shrimp paste, drizzle with kaffir lime juice and virgin coconut oil at last.

FOR THE BE PASIH MEPANGGANG

180g Barramundi fillet
20g Balinese paste
1 pc kaffir lime, juiced
1g salt
1g pepper

1 Season fish with salt, pepper, Balinese paste, kaffir lime juice.

2 Grill until well cooked.

3 Place it on the plate with sambal matah (raw, spicy shallot and chili salsa) on the side.



DESSERT

Es Campur

5g cincau
5g kolang kaling
5g pacar china
5g fresh avocado, sliced
5g fresh jackfruits, sliced
10g lemongrass essence
5ml simple syrup
2ml condensed milk
30g coconut ice cream

1 Scoop the coconut ice cream into a bowl, garnish with cincau, kolang kaling, pacar china, avocado, jackfruits and drizzle with lemongrass essence, simple syrup, condensed milk to taste.



Taste of Dubai, the city's favourite food, drink and music festival, is back for its 12th year at Dubai Media City Amphitheatre from March 7 – 9, 2019, as part of Dubai Food Festival. The three-day food extravaganza, held in partnership with VisitBritain and wego, offers a chance to taste 20 of the city's best restaurant dishes, be inspired by tips and tricks from celebrity chefs, participate in live cooking demonstrations and enjoy non-stop live music throughout the weekend.

Here are some of the show highlights:

Tony Hadley to kick-start the show

80's British pop sensation and former Spandau Ballet lead singer, Tony Hadley will take to the main stage on March 7 for the first time at Taste of Dubai to perform his classic hits including True, Gold and Only When You Leave. The festival will also feature non-stop live entertainment throughout the weekend from music talent including Mark Zitti ei Fratelli Coltelli, 4 The Musics, DJ Sheps, Sam Tring and Stephanie Goudie.

New line-up of culinary talent

This year's lineup of international culinary talent includes MasterChef Australia's judge Matt Preston; Michelin Star Chef David Myers; Legendary Iron Chef and Michelin Star Chef Masaharu Morimoto; Dubai's much-loved culinary duo Nick Alvis and Scott Price; English cook and restaurateur Simon Rimmer; Meat & Grilling expert Tarek Ibrahim; South African Chef Lorna Maseko; Arabic & Aleppian cuisine expert Mohammad Orfali; and the Giggling Gourmet Chef Jenny Morris. Join them as they present live cooking demonstrations at the Crate & Barrel Chefs' Theatre, host inspiring conversations and introduce their latest culinary cooking techniques.

TASTE OF DUBAI 2019

....all you need to know

A three-day food extravaganza is set to take Dubai Media City Amphitheatre from March 7 – 9, 2019, as Taste of Dubai food festival returns with Spandau Ballet lead singer, Tony Hadley headlining the opening night



TICKETS

Taste of Dubai 2019 -

Dubai Media City Amphitheatre

Tickets starting from AED95

for standard entry

VIP tickets starting from AED285

VISIT: tasteofdubaifestival.com

Sample dishes from 20 of Dubai's best restaurants

This year's edition will feature tastings from over 20 different restaurants including: legendary Japanese restaurant NOBU, Gordon Ramsey's Bread Street Kitchen, contemporary tastes from Asia at Wakame, authentic Italian at GIA, gourmet Turkish food at Kaftan, contemporary South American at Andes, French bistro Couquley, authentic Southern American style food at The Blacksmith Smokehouse, traditional Spanish tapas at Seville, MasterChef, the TV Experience, Greek street food at Go! Greek, quintessential Italian flavors at Certo, Asian classics at Asia Tang, American classics at Dean & DeLuca and classic dishes from UBK.

Kids under 12 go FREE

Children under 12 years have FREE entry to Taste of Dubai and the OMO Kids' Zone will provide a huge variety of games and attractions including face painting, food-based games and competitions for kids, and a cupcake decorating station to keep them entertained.

VIP Taste

To experience Dubai's largest food festival in style, ensure you grab VIP tickets in advance, which provides you with fast-track entry into the festival and unlimited access to the VIP lounge and bar. The Cleartrip VIP Lounge, located close to the main stage, provides a relaxing atmosphere to enjoy the festival's musicians and artists up close and personal. VIP ticket holders also get two complimentary drinks and three food vouchers to sample dishes from any participating restaurants as part of the VIP experience.

TIMINGS

Thursday 7th March: 4pm – 12am

Friday 8th March: 12pm – 12am

Saturday 9th March: 12pm – 11pm



Meet MasterChef Australia's judge.

Matt Preston

For the first time in Dubai, MasterChef Australia's Matt Preston will be jetting in to Taste of Dubai on March 9 to host a very special MasterChef, the TV Experience 'Mystery Box Challenge' where amateur cooks will get a chance to get their dishes judged by Matt himself. Matt will also join the judging panel at the Chefs' Theatre as Chef Margarita from the world's first MasterChef the TV Experience, restaurant opening in Dubai later this year, takes to the stage. You will also get the chance to taste a special menu at Taste of Dubai with a pop-up MasterChef, the TV Experience restaurant.

Big Baking Tent

For the first time at Taste of Dubai, Master French Pâtissier, Eric Lanlard will be running a series of baking masterclasses at the new 'Big Baking Tent' where you can learn the art of cake decorating from the master himself. Dubai's finest bakers and international pastry experts will also be there to teach you everything you need to know about baking the perfect cakes, cookies and more. There is also the chance to enter the Dubai's International Centre for Culinary Arts (ICCA) Bake-Off competition and show off your baking skills to win the title of 'Dubai's Baking Crown' and ICCA Baking & Pâtisserie Courses worth AED 25,000.

Cook alongside celebrity chefs

Throughout the three days, a jam-packed schedule of cooking classes will be available for thousands of you to cook alongside celebrity chefs and master new techniques. You will get the opportunity to put your creative cooking skills to the test as you compete with other challengers to win prizes in the Al Ain Farms and Kibsons Cooking Challenge. You will be able to sign up thirty minutes before each session on the day.

Crate & Barrel Chefs' Theatre

At the Crate & Barrel Chefs' Theatre you will get the chance to watch the masters Masaharu Morimoto, David Myers, Mohammad Orfali, Tarek Ibrahim, Scott Price, Nick Alvis and other celebrity chefs live in action, as they showcase their signature dishes at the Chef's Theatre.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A 1-NIGHT STAY FOR 2 AT THE COVE ROTANA RESORT IN A DELUXE ROOM WITH BREAKFAST! WORTH DHS2,000

Escape to a world of splendour, nestled on an idyllic inlet of stunning turquoise

water overlooking the Arabian Gulf, The Cove Rotana Resort in Ras Al Khaimah offers discerning travellers the pleasure of graceful living and a multitude of activities, just 45-minutes from Dubai airport.

The Cove Rotana Resort offers 349 hotel rooms and 78 one, 2 and 3-bedroom villas ideally designed to accommodate families or group of friends. With the Nubian touch in their design most of the guest rooms offer breathtaking views of the Arabian Gulf. All villas have private balconies, while the two and three-bedroom villas comes with a private plunge pool. Savour a wide range of choices from international to Mediterranean cuisines at 6 outlets, unwind and explore many dining options overlooking the sunset and the sea.

Bodylines Fitness & Wellness Club offers a large selection of leisure facilities, including a fully equipped gymnasium, Jacuzzi, steam and sauna rooms, a 600m private beach, 2 outdoor swimming pools and a kid's pool, Flipper's Kids' Club and Avitane Spa and water sport activities.

Combining intimacy, comfort, and exclusivity with the personalised service and attention to detail that are the hallmarks of Rotana, the Cove Rotana Resort redefines the resort experience.



WIN!

DINNER FOR 2 AT ZHEN WEI, CAESARS PALACE BLUEWATERS DUBAI! WORTH DHS500

Zen Wei brings authentic Pan-Asian cuisine with a contemporary twist to

Dubai's hottest island resort, Caesars Palace Bluewaters Dubai. Specialising in delicate homemade dim sum and hand-pulled noodles; the new restaurant takes city gourmands on a sensory journey straight to the streets of Hong Kong. Created by Dim Sum Master and Wok Chef, Head Chef Yang Tao, Zhen Wei's distinctive menu combines authentic Pan-Asian flavours and modern cooking techniques and presentation. Enticing dishes such as traditional Whole Beijing duck, Kalbi-spiced BBQ short ribs with kimchi and picked jalapeño chili and Cantonese seabass with toasted sesame oil and soy sauce tantalize taste buds with exotic flavours of the east.



WIN!

A SPA TREATMENT AT JASMINE SPA, GRAND MILLENNIUM DUBAI, BARSHA HEIGHTS! WORTH DHS630

Rejuvenate the mind and body at Jasmine Spa located at Grand Millennium Dubai

offering a range of indulgent massages to help restore energy. Choose from the 60-minute signature Jasmine Aroma Massage, Balinese Massage, Swedish massage, Sports Massage, Thai Massage, Hot Stone Massage, Back Neck and Shoulder Massage. The treatments use the highest and best quality of oils to enliven the body, mind and spirit.



WIN!

BRUNCH FOR 2 A TRIBECA! WORTH DHS600

Tribeca is a New York-themed resto-bar in the heart of JBR. Its menu draws inspiration from international kitchens with a touch of Latin charm. A bustling social hub, Tribeca is loved for

its on-trend music and organic eats. This prize entitles its winner to brunch for two with house drinks. Tribeca hosts two Friday brunches - The Big Apple (1pm to 5pm) and Marky Mark and the Funky Brunch (7pm to 11pm).



WIN!

DINNER FOR 2 AT BOARDWALK! WORTH DHS500

With its marina-inspired interior and a cosy terrace offering spectacular views across the Creek, the iconic Boardwalk at Dubai Creek Golf & Yacht Club features a striking fresh seafood

display reminiscent of a Mediterranean market. Guests can enjoy freshly baked pizzas and calzone, as well as an extensive fresh fish and seafood selection prepared to order. In addition, the menu features specialties including Bouillabaisse and a seafood platter as well as a selection of homemade pasta dishes and all-time favourite, the Boardwalk fish & chips.



WIN!

A HAKKA BRUNCH EXPERIENCE FOR 4 AT HAKKASAN ABU DHABI! WORTH DHS1,672

Start the weekend like a king/queen at the Hakka brunch. Sit back, relax and let Hakka's team to take care of you. Indulge

in mouth-watering dishes starting with Peking duck, golden fried soft-shell crab and red chilli, dim sum selection, stir-fry black pepper rib eye beef just to name a few. Wash it down with a wide selection of beverages. A perfect Friday afternoon escape either dining in the main restaurant or the beautiful outdoor terrace.

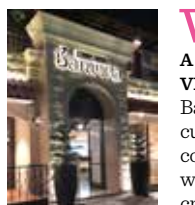


WIN!

A DINING VOUCHER FOR BAB AL MANSOUR, THE BOULEVARD! WORTH DHS500

Win lunch or dinner for two at one of the trendiest Moroccan restaurants in Dubai, Bab Al Mansour, where you can enjoy famous Moroccan

dishes with the sumptuous variety of authentic flavours and spices.



WIN!

A DINING VOUCHER FOR BARANDA, CENTURY VILLAGE! WORTH DHS500

Baranda Restaurant delivers original Lebanese cuisine with unusual depth and texture in a bustling, contemporary setting and entertainment. Together with expert sommeliers and local producers, Baranda craft's uniquely unforgettable culinary experiences.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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